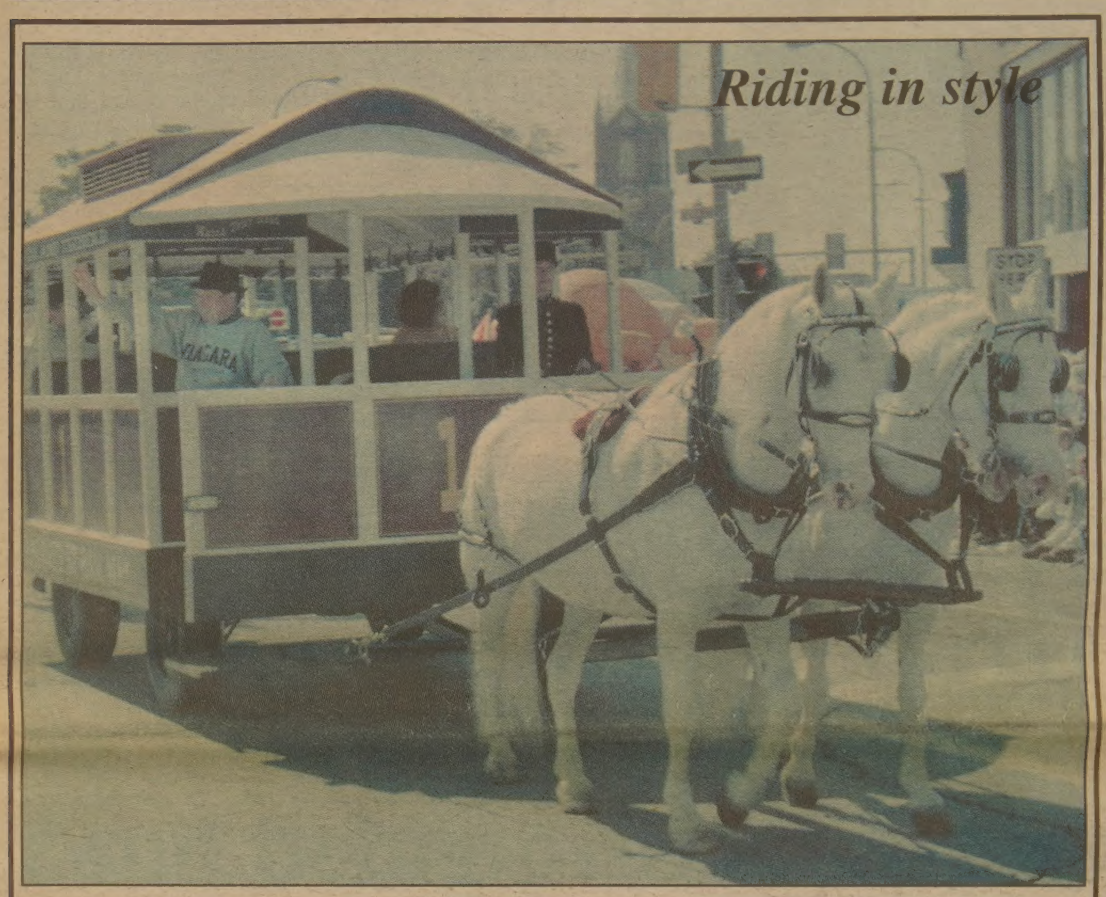
NIAGARA NEWS

October 13, 2000 FREE Volume 31 Issue 2

Niagara News is produced by the Journalism — Print students at Niagara College, Welland Campus



Dan Patterson, president of Niagara College, waves from the college float at the Grape and Wine Parade held on Sept. 30 in downtown St. Catharines. The carriage was rented from White Horse Carriages, at 30 Churchill St., in St. Catharines. Max and Molly, sibling coach horses, are pulling it.

Photo by Calum McNeil

Early detection key to survival

By CRYSTAL LANGILLE
Staff Writer

Women. We come in every beautiful shape, size and colour. Yet despite these differences, we all share the frightening and all too common reality that one in nine of us will develop breast cancer in our lifetimes.

There is no cure for breast cancer. To date, we don't even know how it's caused. Still, 17,000 women are diagnosed each year and 5,400 of them will die. Although it is quite rare, about one per cent of all breast cancers occur in men.

The risk of developing breast cancer increases with age. By the age of 30, there's a one in 650 chance of developing it and by the time you're 80, chances increase to one in 65.

A history of cancer of the breast, especially in your mother, sister or daughter, is a strong factor in determining your susceptibility to the disease.

Carolyn Gould, Niagara College's nurse, says it's important to tell your family practitioner about your family history.

Breast cancer is much more common in countries with a Western lifestyle than in developing countries. Although it's not understood precisely what it is about this lifestyle that causes the disease, some evidence suggests that it's partly due to diet, particularly the high proportion of fat in our food.

Early detection and breast health are the only weapons in fighting this disease.

According to the Canadian Cancer Society, breast health is "taking personal responsibility for awareness . . . that can lead to the early detection and treatment of abnormalities that may develop in the breast."

Gould says, "Get used to the feel of your breast. Become familiar with the norm."

Most cancers of the breast do not cause any specific symptoms or problems. The most common symptom however, is a lump, which usually appears quite suddenly.

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Students watch over 49th annual parade

By AARON YZERMAN
Staff Writer

Monitoring thousands of people drinking in one place sounds dangerous, but it was just another day for Niagara College's aspiring law enforcers.

Police Foundations and Law and Security Administration program students worked security shifts during the 49th annual Niagara Grape and Wine Festival.

"It was fun. A lot of students got to learn various things about law enforcement," says Jason Boccinfuso, 19, of Thorold, a second-year Police Foundations program student who served as a security supervisor for the festival's parade on Sept. 30.

The parade travels through the downtown core and ends at Montebello Park in St. Catharines and involved thousands of people. The students help prevent any trouble during the event.

"I think it's a great experience for them. You deal with a lot of belligerent people, so you learn to negotiate instead of coming in with an iron fist," says Doug Hobbs, 55, of St. Catharines, special projects co-ordinator for the Grape and Wine Festival. "They've all turned out to be great kids. We've had just a great bunch for security. They seem to be having fun and enjoying it."

"As the more alcohol got into people, there was a few altercations, but nothing big," says Boccinfuso. "Niagara Regional Police were on hand, so they helped us out any time we needed it. No security students get into any physical altercations or anything."

Hobbs says parking is a major issue for the security at the parade, as are unlicensed vendors, and making sure nobody gets too out of control. "Basically, (we are) just watching people to make sure we don't run into problems," he says.

"The biggest problems were just people not co-operating. For the most part, 98 or 99 per cent of the people were great — really, really co-operative. It was only the very few people (who) put up a problem, and it was resolved very easily. The first-year Law and Security Administration and Police Foundations as well as a few second-year Police Foundations, Law and Security, and Customs people did a wonderful job."

"For security, we're pretty well dependent on students," says Hobbs. "It's been pretty successful. I know they'll continue to be the ones we count on. They jump in, a lot of them, to come down and get some of their hours in here," he says. "You do a lot of different jobs at the festival. I've been walking around with two cell-phones and two walkie-

Continued on page 2

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COMMUNITY COVERAGE

Locals join fight against breast cancer

By CRYSTAL LANGILLE
Staff Writer

People from 29 cities across Canada participated in the fight against breast cancer during the eighth annual CIBC Run for the Cure on Sunday, Oct. 1.

Locally, about 1,200 walkers and runners, as well as volunteers, raised about $140,000 at Grantham Lions Club in St. Catharines.

This was the second year that St. Catharines has held the event.

This year, St. Catharines acted as host city for the region, a role that was "an honour," said Debbie Wiebe, from the St. Catharines Standard promotions department.

"This is a great event," said Wiebe, adding, "People of all ages come out for this cause."

She acted as host and emcee for the afternoon.

Mary Ann Edwards, race director, said last year there were about 1,000 participants and 200 volunteers.

"This is great," she said referring to the number of people about to begin the race.

The St. Catharines community submitted Edwards' name to the Canadian Breast Cancer Foundation in Toronto through the head of Canadian Imperial Bank of Commerce (CIBC) two years ago.

Participants in CIBC Run for the Cure chip in to help breast cancer studies.
Photo by Crystal Langille

"Actually, I'm not affiliated with CIBC at all." The 47-year-old is a supply teacher for the District School Board of Niagara.

"She's an incredible woman," Wiebe said of Edwards, adding, "She puts a lot of time and energy into this."

To date, the CIBC Run for the Cure has raised more than $10 million for research, education, diagnosis, treatment and public awareness of breast cancer.

Last year, $100,000 was raised in the Niagara region alone and "75 per cent of that stays in the Niagara region, which is great," said Edwards.

"This is a family thing," said Bob Meunier, a volunteer for the event. "We're here for the cause."

Almost five years ago Nancy O'Rourke was diagnosed with breast cancer. The 56-year-old explained to the crowd that she was told she would probably not make it past five years.

"Well, guess what?" she said. "It's four and three-quarter years later and I am enjoying life to the fullest."

Many other survivors of breast cancer came to the run wearing bright pink hats.

"Through prayers and support . . . I feel I have beaten the odds," said O'Rourke. "This is also true of so many of us here today. Just look at the pink hats."

Minutes before the race began, O'Rourke inspired the crowd with a poem called *What Breast Cancer Can Not Do*. The powerful lines of the poem reflected the atmosphere of the day: "It cannot shatter hope . . . It cannot corrode faith . . . It cannot silence courage . . . It cannot conquer the spirit."

Students secure Grape and Wine parade

Continued from page 1

talkies. It's gone from crazy to absolutely insane with the parade. Everybody has to be versatile. Everyone has to have different hats to wear."

Marty Semenuk, 19, of Fonthill, a first-year student in the Law and Security Administration program, says he didn't encounter any problems while working security at the parade. "You get to meet the people and see what it was like to wear security jackets and everything. People treated you a little differently."

"You do a lot of different jobs at the festival," says Hobbs, of the duties of working for the festival.

Semenuk says he had no problems while he was on his shifts, and the experience he received working for an event like this was a good one for him. "Everybody worked together good. As long as everybody works together, it will be all right."

Early precautions against breast cancer can save lives

Continued from page 1

Understandably, it's terrifying to find the slightest hint of breast lumpiness but as Dr. Robert Buckman states in his book, What you Really Need to Know About Cancer, "any breast lump, with or without symptoms, should be assessed by your doctor promptly."

Monthly breast self-examinations (BSE) should be done the same time each month by women of all ages, and is used to find lumps between annual doctor's examinations. Symptoms to watch for while performing a BSE include asymmetry, swelling, nipple discharge, dimpling or puckering of the skin and inversion of the nipples.

"Young women should not feel embarrassed about performing BSE," says Gould. "Women have to be their own advocate for health care."

She says that early detection can "help to resolve the situation and take care of it early."

"It's not the end of the world," she says, adding that women as well as men "have to know that it can happen to them."

Women over 40 years old should also participate in mammography screening every two years.

Seventy-five to 80 per cent of all breast cancers occur in women with no risk factors other than being a woman. Early detection could save your life.

For more information on BSE visit the Health Centre at your campus or your family physician.

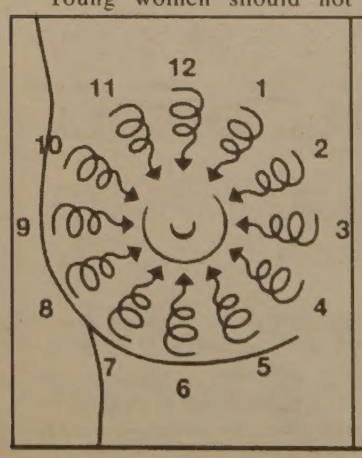


Diagram instructing how to conduct a breast self-examination (BSE). This procedure, known as a clock method, allows the patient to test the health of her breasts by examining the tissue around them with the flat pads of her fingers.

Courtesy of the Canadian Breast Cancer Foundation.

Canadians encouraged to 'just say hi' to college's international students

By CLINTON HAGGART
Staff Writer

Get to know the other people in your classrooms, for one of them may be from another country.

About 280 international students attend Niagara College, up from about 170 students last year.

Jos Nolle, 44, has been director of international education and development for five years. He says being patient with the English of the international students is the best way for Canadian students to build friendships with them.

Part of Nolle's job is to attract students from other countries to study at Niagara College. He says, "The initiative should come from the international students."

Nolle suggests international students join a club, an event that includes all students, or spend some time at the After Hours pub. A confessed sports fan, Nolle says sports, especially soccer, is the best way for foreign and Canadian students to meet.

Aadel Forootan, 18, of Iran, has been in Canada for 19 months. He says international students should just try to talk to Canadian students.

'International students should not let their English be a barricade. This is not just a language school.'

—Jos Nolle

Forootan, who could only say "yes" or "no" when he came to Canada, says he had no problems learning English because all of his roommates were Canadian.

"They were all friendly and they taught me lots of things about Canadian culture," says Forootan, adding Canadians should "just say hi." Forootan is in the Computer Programmer and Computer Programmer/Analyst (Co-op) program.

Nolle, who came from Holland, says, "International students should not let their English be a barricade. This is not just a language school."

Choi Kyu Ho, 22, of Korea, has been studying in the English as a Second Language program for nine months. He says playing basketball, shooting pool and "going for a drink" were ways he met his Canadian friends. He says, "Canadians need to understand [the international students'] English and their culture."

International students are registered at all three of Niagara College's campuses. Nolle says students should just introduce themselves.

Correction

In the Volume 31, Issue 1 of the *Niagara News* published Sept. 29, we wrongly identified Greg Swick in a photograph cutline on page 23.

It is the policy of *Niagara News* to correct errors of fact.

COMMUNITY COVERAGE

College campaign aims for $20,000 goal

By KEVIN HARTFORD
Staff Writer

Niagara College's United Way campaign is aiming for a $20,000 take this year, up five per cent from last year's goal of $19,000.

At the kickoff breakfast held at the Welland campus on Oct. 2, the college's United Way campaign co-chair, Darrell Neufeld, told the audience, "There's been a rich tradition of support of, and participation in, the United Way campaign, and it will continue into 2000."

Campaign co-chair Rena Posteraro announced the events that will be taking place at Niagara College, and said that the "fun aspect" of the United Way's campaign is a strategy for success. That aspect allows the organizers "to be able to bring some fun and at the same time raise money."

Fund-raising events include a fashion show, planned by the Human Relations students, co-ordinated by Human Relations co-ordinator Donna Conradi; Dress Down Fridays for the college staff, co-ordinated by Lana Paolone, program assistant of the General Arts and Science program; a Jail and Bail event in which a college employee will be arrested and money will be raised to bail him or her out, co-ordinated by communications officer Cathy Gilmore; a Halloween Challenge at all three campuses for best costume and best decorations, co-ordinated by Bruna Buonocore, dental secretary of the health and community studies program, and Paolone; a raffle at all three campuses for a free parking spot, courtesy of Niagara College Award of Excellence winner Corine Perenack; and a pizza lunch at all three campuses, in co-ordination with Aramark, which provides food services at the college, and Peter Mete, food service director of Aramark.

"Aramark has contributed complimentary coupons to our past employees and donators," said Posteraro. "We thank them for their support."

The parking spot raffle tickets are $5 each or three for $10 and are available from Chris Blake at the Glendale campus, Lorraine Wink at the Maid of the Mist Centre, and Darrel Neufeld at the Welland campus. The draw date is Oct. 31.

Among the speakers at the kickoff breakfast, Mike Collins, a Niagara College retiree, said, "We've put a corporate stamp on this, with the support of the college. A lot of people say, 'Will I be able to (contribute) during my working hours?' and (college President) Dan Patterson puts it right out there."

"Niagara College has had a wonderful tradition of supporting the United Way," said Frank Adamson, general chair of the United Way of South Niagara's 2000 campaign.

Jill Cappa (left), executive director of United Way of South Niagara, Andrea Neufeld (front), Darrell Neufeld, Niagara College campaign co-chair, Dan Patterson, Niagara College president, Rena Posteraro, Niagara College campaign co-chair, and Frank Adamson, United Way of South Niagara general campaign chair, smile outside the Tecumseh Lounge at Niagara College's Welland campus.
Photo by Kevin Hartford

"The college is community-minded. They support the community while supporting themselves."

Frances Konkle, director of the Distress Centre of Niagara, spoke at the breakfast about the Distress Centre, and said, "Our agencies wouldn't be here if it weren't for the United Way."

There were 187 staff members who donated to the campaign last year. The goal this year is 200.

"We really role model what community is all about," said Patterson. "We reach out and touch the lives of people. With the support of the United Way, we really make a difference."

Breakfast at the kickoff included complimentary muffins, bagels, danishes and coffee.

Food being provided for children at school

By CRYSTAL LANGILLE
Staff Writer

You can't train the brain . . . if you don't include the food.

Research shows that children need to eat a good meal in order to learn better. However, "about 42 per cent of Canadian children are not eating an adequate breakfast," studies cited by the Niagara Nutrition Partners (NNP) and the Breakfast for Learning Foundation show.

These community partners are one of more than 50 programs that support feeding children in school breakfast and snack programs.

In celebration of Breakfast for Learning Week, St. Mary's Elementary School in Welland invited community partners to join students for breakfast on Sept. 27.

Heather Goulet, facilitator for NNP, says the Canadian Living Foundation, through surveys, "realized that the Niagara region was underdeveloped" in terms of its breakfast programs.

"The food banks initiated a grant proposal that went into the Canadian Living Foundation so that we could address those issues."

They found that "kids can't learn without a nutritious and balanced breakfast," which includes "at least three of the food groups eaten together," says Goulet.

"A lot of people have a different idea about what a breakfast program is all about. We need to inform the public about what's happening and why it's so important."

She says, "In today's fast-paced lives . . . sometimes the kids, for whatever reason, are coming to school without breakfast,"

"We don't ask questions," says Andre Ceci, principal of St. Mary's School. "Some children eat their first meal at 6 a.m. because their parents are working," so this is lunch for them, she says.

Ceci assists with looking for partners in funding. Currently, the St. Vincent de Paul Society is a major contributor.

He says, "If you walk in here, you can see the smiles on the kids' faces, and that's great. Also, the parents appreciate it."

Casssandra Fairless-Lee is a mother and volunteer. She started St. Mary's program nearly two years ago. She says she sees between 30 and 60 youngsters eat healthy meals each day.

St. Mary's acts as a depot for other schools in the area. Volunteers come to the school and load their cars with food to take back to their programs.

Fairless-Lee says she hands out all the non-perishable goods.

She explains the program is a learning experience because the children "learn good manners and fellowship."

"We have to be a family. The big ones take care of the little ones."

The programs begin at the entry level and continue through to high school. For the high school students, Goulet says, "It helps, if they're on their own, to budget." Otherwise, "if they're in a little bit of a rush," the program provides a meal the students would have otherwise missed.

NNP was able to help schools serve 45,000 breakfasts and snacks during the 1999-2000 school year.

For about 20 cents, a child is able to remain more alert throughout the day, have a longer attention span and have the ability to solve problems better, says Goulet.

"We feel the benefits now for those few cents per breakfast have long-term benefits. Children will learn better, continue their schooling, and then (go on to) employment, which means opportunities are that much better as they become young adults," says Goulet.

"Twenty cents per child is a fraction of what it could cost later on in life in health costs and unemployment costs.

"The Maid of the Mist campus in Niagara Falls is a key player in the programs by baking muffins for schools in the area."

To start a breakfast program at a school, contact the Canadian Living Foundation.

Fairless-Lee says, "Heather Goulet gives seed money for programs to start.

"With the nutritious food, kids learn better and I think that's the bottom line," says Goulet.

Many Hands Project to assist refugees home in Fort Erie

By ROXANNE JACKO
Staff Writer

Niagara College's Many Hands is offering a welcome to refugees as its students have chosen Casa el Norte as the recipient for its April 2001 project.

Casa el Norte started in Fort Erie in 1985 to help refugees arriving at the border with no place to go. The volunteers who run the assistance home are working to integrate new Canadians from countries with different customs and traditions.

The Many Hands is a one-day building and renovation project organized by Niagara College staff and students as part of the Special Events Management (Post-graduate) program. These students plan all aspects of the project, including obtaining sponsors and volunteer co-ordination.

Students from the Engineering Technology — Architecture program also help with the project. They are developing drawings and estimates of the project that will help enhance Casa el Norte's two home sites by providing an outdoor play area and gardens. These sites provide emergency housing for refugees.

"We feel just ecstatic. This project will allow us to be able to provide much more needed space for refugees that really need it," says Pauline Orendorff, co-president of Casa el Norte's board of directors. "The project is truly a prayer that has been answered."

In April, 125 volunteers completed a $35,000 renovation project at I CAN - TER, a therapeutic riding facility in Ridgeway, Ont.

In 1999, 100 volunteers completed a $30,000 renovation project at the Resource Association for Teens, in St. Catharines, Ont.

In 1998, a $50,000 renovation project was completed at All People's Day Care in Welland, Ont.

Canadian Tire Acceptance Ltd. is again the lead sponsor for the Many Hands Project. Sherwin Williams Paint, of St. Catharines, Ont., will be providing sponsorship for the fourth year.

For any information, or to become a sponsor or a volunteer, call (905) 735-2211, ext. 6404, or log on to the college's website www.niagarac.on.ca and click on the Many Hands logo.

COMMUNITY COVERAGE

Fund-raising for $1.6-million family resource centre begins

Dr. Phil O'Reilly and Regional Chair Debbie Zimmerman sign the land lease to the Alzheimer Society of Niagara at the Linhaven Home for the Aged at the groundbreaking event on Sept. 28.

Photo by Jennifer Chornley

By JENNIFER CHORNLEY
Staff Writer

"Forget Me Not": with that message, the first ground was turned on Sept. 28 for a new 6,700-square-foot Family and Community Resource Centre for the Alzheimer Society of the Niagara Region. Fund-raising will be done to collect the $1.6 million needed for construction.

The society's new home, with a long-term land lease, will be built on two acres of the land donated for $1 from Regional Municipality of Niagara at the Linhaven Home for the Aged on Ontario Street in St. Catharines.

"Providing this land is a clear indication of the Region's commitment to providing the best possible services to residents of Niagara and their families who are now, or may be in the future, dealing with Alzheimer's disease," says Regional Chair Debbie Zimmerman. "We know that 16 per cent of Niagara's population is over the age of 65, the highest risk for Alzheimer's disease and other mental illnesses. The number is going to climb significantly in the next few years and the Region is doing its part to prepare with what many experts are calling a looming crisis."

Nancy Ferris, executive director for the Alzheimer Society of Niagara, says the organization has been looking for a new location from which to develop extended services for two years.

The journey began in May 1999 through letters and discussions with the regional government and, in February 2000, Regional council approved the land donation.

In a press release, Dr. Phil O'Reilly, Linhaven's residential doctor, says, "More is needed to be done and we ran out of room. The Board (Niagara Regional Health Board) spent two years investigating whether to renovate Avondale House, the current regional resources centre, relocate to an existing facility or build a new centre. We couldn't find an appropriate location or building and we discovered renovation was not a viable option."

The ceremony also launched the $1.6-million fund-raising campaign to mark the start of the construction of the new centre. Don Ward, owner and president of the Charter Building Company, says, "I am confident the fund-raising goal will be achieved because the people of Niagara are very charitable."

The following are some of the programs the Family and Community and Resource Centre will offer families and professionals:

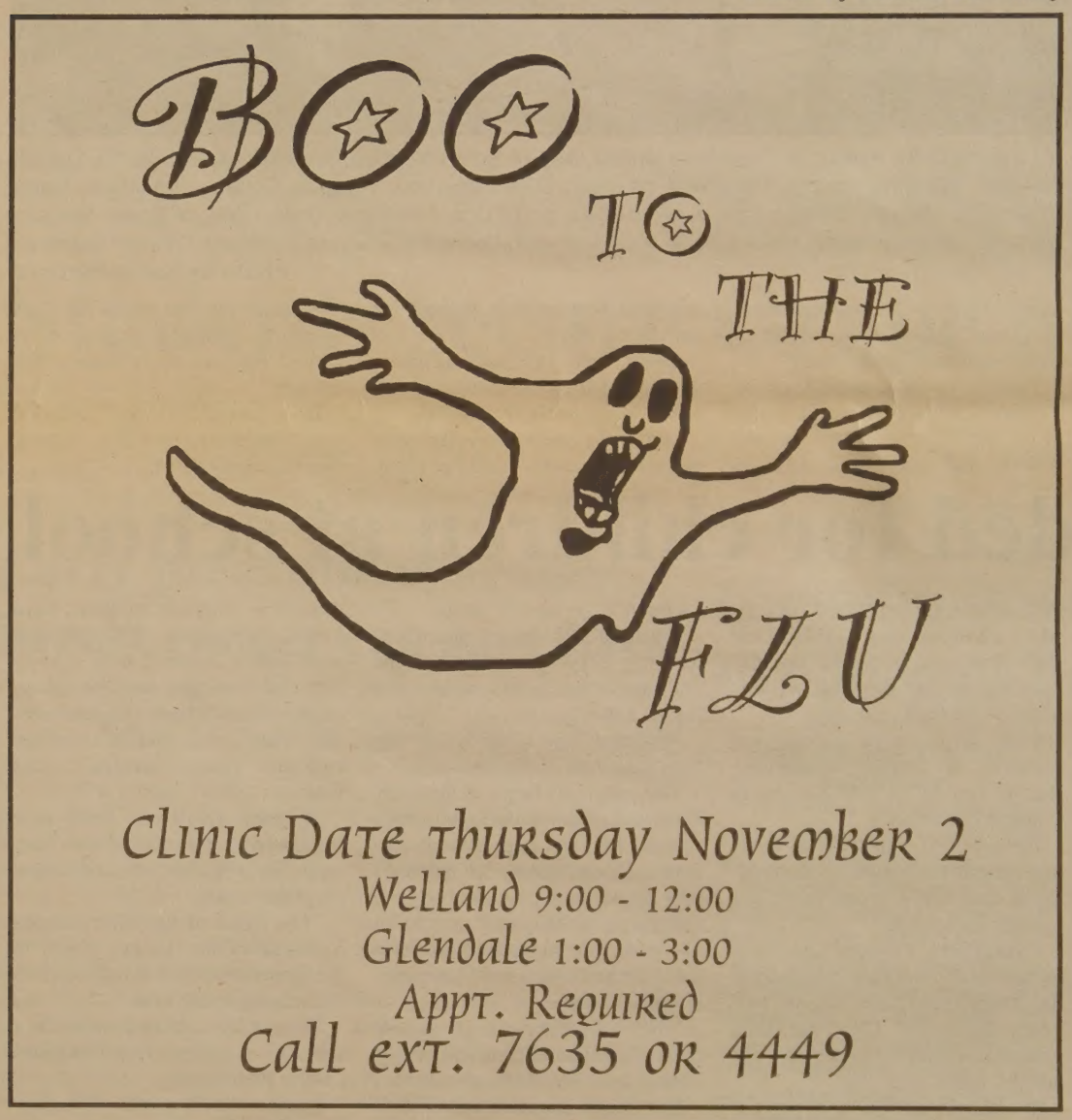
- Activities of Daily Living program,
- intergenerational workshops and programs,
- on-site workshops, programs and meetings,
- expanded library resources and services,
- meaningful activities workshops for caregivers,
- early-diagnosed support groups,
- group viewing and discussions of educational videos, and
- horticulture and therapeutic garden programs.

The society has already raised $400,000.

Debbie Spraggett, a special events assistant for the Alzheimer Society, says the land donation is "a wonderful result of partnerships with the community."

To pay down the debt, the Alzheimer Society gave the Region a silver dollar and a commemorative piece to express its gratitude.

Construction of the centre will begin in mid-October, with an opening date expected in spring 2001.



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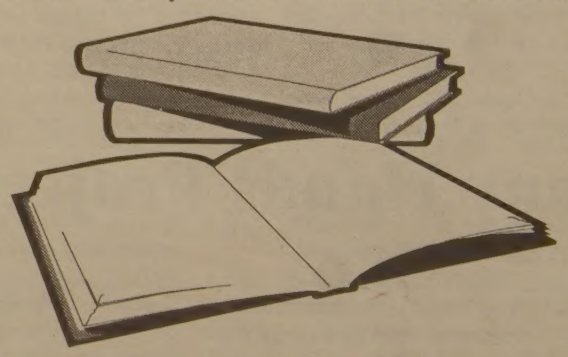
Extra, extra book sale

By STEF FAROVITCH
Staff Writer

If you like to buy books at bargain prices, come to the book sale sponsored by the Canadian Federation of University Women.

The 30th Annual Book Sale is being sponsored by the Canadian Federation of University Women, Welland and District Branch. The



event takes place on Saturday, Oct. 28, from 9 a.m. to 3 p.m. at Niagara College's Welland campus. The sale can be found in the cafeteria located in the Black Walnut building.

Donations of books, games, CDs, videos and texts will be accepted. To make a donation call 735-1253, 892-6535, or 835-2291.

All proceeds will go to university scholarships for local female secondary school students.

Genital Warts

The thought of them may make you cringe, but HPV – the virus responsible for genital warts – is the most common viral sexually transmitted disease today.

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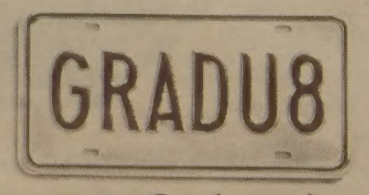

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EDITORIAL

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Opinions expressed are not necessarily those of the management of the Niagara News or the administration of
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Forgetting importance of holidays

With Thanksgiving over, what did you give thanks for?

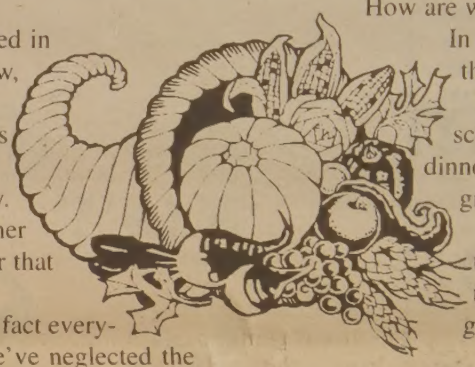
Probably nothing. In fact, you probably didn't stop to think what Thanksgiving really is about, other than turkey and pumpkin pie.

Holidays have changed over the years. They were first declared in order to celebrate a special event, most of a religious nature. Now, they've turned into this: How much money can you spend?

Many families aren't religious in the least but celebrate holidays like Easter and Christmas to the fullest.

The other given that comes with holidays is seeing our family. Why can't we all get together on some other day and have dinner as a family? Why is it we have to wait for a day on the calendar that makes one obligated to see the family?

Maybe it's that our family values have changed. Maybe it's the fact everyone is always so busy. When a holiday pops up, we realize we've neglected the family and hurry to find out at whose house dinner will be this year.



This may be wrong, so don't take offence if this isn't your family, but it is probably accurate for 80 per cent of the population.

How are we going to change this, if any of us even care to?

In today's society, there isn't time to get together, or at least that's what we think. You could always make the time.

Many families have different work schedules. Then add school, hobbies and friends. When is there time to squeeze a dinner in for the nuclear family, let alone adding aunts and grandparents?

With the holiday just past, some of you may notice this routine. Maybe you'll try to make changes. Spend a day with them a little more than just on the days the calendars suggest.

Christine Chaloner

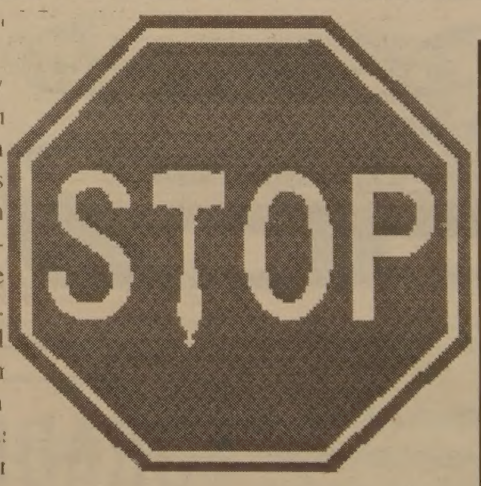
Courts have an excuse to attack sports

What do you get when you whack an opposing hockey player over the head with a "potential weapon?" A get-out-of-jail-free card.

With no direct insult to the fun, family game of Monopoly, Marty McSorley was not only allowed to pass GO but collect his $200 as well.

At least that is how he should feel after getting the conditional sentence handed down by the judicial court of British Columbia.

This was all precipitated when Boston Bruins' defenceman McSorley laid his stick into the temple of Brashear causing Vancouver Canuck player fall to the ice unconscious. Even McSorley's teammates could not defend him when asked for comments after the Vancouver game. McSorley's conditional sentence was not to commit the same act again not to play against Vancouver Canucks or for 18 months.



The issue is not about the penalty McSorley received, nor is it about the attack that was made. The focus seems to be the ongoing debate over violence in our national sport: professional hockey.

This court case will now be the milestone used by the courts to interfere in other violent incidents not only in hockey but in other sports too. Look at football. They actually plan to hurt each other before each play.

To the judicial courts of Canada: Thank you for taking the "problems" yet again into your own hands. To McSorley: We salute you.

Dan D'Amico

Letter to the Editor

Proud to be part of team

Dear Editor:

I want to congratulate and thank everyone involved for a solid effort in the production of our inaugural edition of the *Niagara News* for this year. I know firsthand that as a staff you put a lot of effort into the publishing process, and it reflects well on you and the college.

I have to tell you I felt proud to have my name listed on the editorial page. I look forward to the opportunity to meet with the group whenever the opportunity presents itself.

In the meantime, please extend my congratulations to the second-year class on a job well done.

Stu Black
Project Manager,
New Media Development
Editor-in-Chief

Your voice or opinion is welcome in our Letters to the Editor section. Our policy regarding letter submissions is this: All letters must be received on the Friday one week prior to publication. Each letter must include the writer's name, college identification number and program of study.
All letters must be signed and include a day and evening telephone number for verification use only.
All letters can be mailed or brought to the Niagara News newsroom, Room S212, Simcoe Building, Welland Campus.

ADVERTISING RULES: The advertiser agrees that the publisher shall not be liable for damages arising out of errors in advertisements beyond the amount paid for the space actually occupied by the portion of the advertisement in which the error occurred. This applies whether such error is due to the negligence of its servants or otherwise.
There shall be no liability for non-insertions of any advertisement beyond the amount paid for such advertisement.
All advertisers are asked to check their advertisements after first insertion. We accept responsibility for only one incorrect insertion unless notified immediately after publication. Errors, which do not lessen the value of the advertisement, are not eligible for corrections by a make-good advertisement. There shall be no liability for non-insertion of any advertisement beyond the amount paid for such advertisement. We reserve the right to edit, revise, classify or reject any advertisement.

VIEWPOINTS

Losing a loved one painful to remember

By TERRI LYNN LeBLANC
Staff Writer
Column

Losing someone close to you is as difficult to remember as it is to have it happen.

I can remember the day as if it were yesterday. It was May 20, 1999.

I was sitting on the couch watching television when the telephone rang. It was that dreaded call, the one that no one wants to get, and the one that drains the happiness out of you. I can still remember the tone of the voice I heard on the other end. It sounded terrified. I had waited patiently to hear the news that I knew I didn't want to hear.

My aunt, who was also my godmother, had been murdered, along with her companion.

My aunt, who was also my godmother, had been murdered, along with her companion. All I kept thinking was that this isn't real, this was something that happens to someone else or something that you hear on the news.

I knew the second hardest part was going to be telling my mother. It felt as if things kept getting worse. By the end of the week, my family and I had learned that my aunt's ex-husband had murdered her. All we could wonder was how could someone who we welcomed into our family hurt us this way? It just didn't seem fair.

Although it has been more than a year, I still think of my aunt every day.

This past July was the trial. The man who killed my aunt was charged with second-degree murder and sentenced to prison for life, but he can apply for parole in 10 years. How just is that? A man who killed two people can be set free in 10 years, while my family and I have to suffer a lifetime of heartache. I do not believe in the death penalty, but I do believe that criminals should have to suffer all the consequences of their own actions.

Although it has been more than a year, I still think of my aunt every day. It's still hard to accept the fact that she's gone.

Party man drinking alone affects more than one

By BILL STEPHENSON
Staff Writer
Column

The air chilled my fingertips as I stumbled down the dark front steps of my buddy's basement lodgings.

My untied shoes didn't provide the support a person in my state of mind deserves. The ground jumped up at me and tapped my forehead, jolting my balance further. I clutched the wooden slats of the fence and laughed at my situation.

I could see the road as it sprawled out about 20 feet in front of me. The pub was a matter of minutes away. My journey had begun.

He says he was just doing his job. I can't argue with that.

I had had a little too much to drink. It happens. It's probably happened to you. I was partying it out at Scott's house, and we ventured, as planned, to the pub. It was Thursday, and our spirits were high.

Obviously, I made it across the road. Scott wouldn't let anything fatal happen to me. On our way I needed to make a withdrawal from the friendly bank machine located conveniently inside the bright walls of our school.

I wanted a better explanation. How dare Rapelje kick me out! I decided to talk to him.

We laughed our way through the halls as we trailed a short girl. I don't think she was up to the same shenanigans we were. For all the laughter and outright absurdness we demonstrated behind her, we received no response. Oh well, it didn't matter if she pretended not to notice us. I knew I would receive much more of a response at the pub. My predictions were true.

Walking out the doors and down the gritty cement path towards the pub, my eyes focused like a tractor beam, on the police car parked in front. Was this vehicle of anti-teenage destruction foreshadowing something to come? Perhaps, but I was too drunk to notice.

I entered the pub all smiles. People were groovin' and movin'. I decided at this point not to buy a beer. Well, I didn't decide this completely under my own influence. I had the coaching of a few friends who detected the "impaired" sign that was plastered on my forehead.

It was graffiti pub, but I didn't have a shirt and couldn't really write logically anyway. I did sign some shirts, but you don't need to know what I wrote.

My time to visit the men's room was at hand. Meeting and greeting my way there, I spotted the gumball machine. Like an angel, it spoke to me. It was singing a sweet gummy song. I had to have the gumballs.

I looked at my hands and ordered them to retrieve a quarter from my wallet. They obeyed, but not in a very professional manner. My hands spilled the change all over the ground, the stupid things.

In a raging laugh I bent down to pick up my fallen coins. I felt an intruding pair of hands on my shoulders followed by a most unfriendly voice, "What are you doing?"

"Picking up my change," I replied while peering over my shoulder to see a grizzly man in a dark T-shirt.

Now I'm not quite sure what words transpired between Mr. Security Guard and me at this point, but I managed to flee his grasp and re-enter the dance floor.

My drunken groove was on. I was having fun and bumped into, literally, many friends. My fun lasted for about 10 minutes before Mr. Security Guard wanted to speak to me again. This time, he wasn't very nice.

He says my actions indicated that I was behaving in a manner too drunk to be allowed to stay.

He explained to me that I was drunk — a condition about which I was completely oblivious, and that I had to go to the back office. I complied angrily with his request.

When I arrived, Dave Rapelje, the student centre manager, and two police officers were busy interrogating a male of about my age, 19.

After they did away with him it was my turn. I admitted to the police that I was drunk. Rapelje explained to me that I had to leave because I was too drunk, but I was welcome back when I was not drunk. He directed me out the back door and towards First Avenue.

A very angry Bill Stephenson walked back to Scott's house and slept it off.

The day after I was still angry.

The day after that I was still angry.

I wanted a better explanation. How dare Rapelje kick me out! I decided to talk to him.

He was a little defensive but very nice. I walked out of his office with a different perspective of him, Mr. Security Guard, and that night's events.

His explanation was he didn't want me getting hurt or hurting anybody around me. He says my actions indicated that I was behaving in a manner too drunk to be allowed to stay. He could have "wrote me up," but didn't.

He says he was just doing his job. I can't argue with that.

Thanks for the talk, Dave.

Do game shows sacrifice dignity, morals for wealth?

By LAURA T. RICCIUTO
Staff Writer
Column

For a chance at $500,000, 10 contestants from across the United States wagered every bit of their privacy while the nation watched their every move.

With three long months behind us, all 10 members of the "Big Brother" household have finally returned home, leaving their cage-like environment, which was fully equipped with dozens of infrared cameras and hidden microphones.

The ABC-TV game show, which began in mid-July, wrapped up its series at the end of September, awarding the three final contestants with cash prizes.

Although many people couldn't wait for the show to come to an end, millions of viewers across the nation tuned in to witness the producer's top clips for the day in a 30-minute prime-time slot, six days a week. Internet surfers could log on and experience every second of these "guinea pigs" lives, as they were placed under a microscope and then dissected by psychologists and so-called "specialists" who performed studies covering every imaginable topic.

I was intrigued by what we as a society will do next for the almighty dollar.

If this wasn't enough, the official AOL Big Brother Web site made Internet history by attracting the most visitors to one site.

I must admit, there was a point when I myself ALMOST became hooked to the tube to catch the next unexpected events.

With all honesty, I can say I was not drawn to the show for the same reasons as those with whom I would gossip about this "soap opera."

I was intrigued by what we as a society will do next for the almighty dollar.

Leaving the prison-like grounds of the Big Brother set with a heftier pocketbook included Curtis, the lawyer with $50,000; Josh, the "all-American" student with $100,000; and the most victorious of all, Eddie, the one-legged New Yorker with $500,000.

Internet surfers could log on and experience every second of these 'guinea pigs' lives . . .

They left the "banished" house guests Will (Mega), Jordan, Karen, Brittany, Cassandra, George and Jamie, and the house lighter than when they entered.

Although each contestant had a 30 per cent chance of making this a financially rewarding experience, seven of them would leave as penniless losers stripped of their privacy and tagged "guinea pigs" and put on public display for the world to mock and criticize.

Call me old fashioned, but what ever happened to working hard for what you have — not wagering your dignity and morals to acquire wealth?

VIEWPOINTS

Writing well needs time, commitment

By PAUL FINELLI
Staff Writer
Column

Well, I have foolishly committed myself to writing on the topic of, well, writing.

I'll be frank: Writing can be hard work, dammit. There, I said the "d" word. Explaining to others how to write more effectively is itself an exercise in and a demonstration of writing. So here goes . . .

In the introduction to her book, The Writer's Home Companion: An Anthology of the World's Best Writing Advice, From Keats to Kunitz, Joan Bolker says, "We write to both express ourselves and to be heard by others, but first we have to learn how to tolerate ourselves as we work at our writing." The author makes two intriguing points, which need more clarification.

First, writing is an act of needing or wanting to say something to others. The writer presumes to actually have something worthy to say, and — here is the blow — also presumes to know something that is, in fact, valuable to the reader. How arrogant of the writer to make such a presumption, right?

Even more arrogant, though, is a naïve but fanciful individual coming out of the proverbial woodwork and thinking writing has no rules or conventions, that it's nothing but putting words down on paper. Sorry to burst your bubble of ignorance, Charlie.

Second, writing is in some ways, equally, a test of patience. Remember the old adage that patience is a virtue? I would add confidence itself is a virtue that partners well with patience, especially when writing is involved.

Planning ahead, researching where appropriate and, yes, both knowing and liking well the topic or subject you are writing about assists in the confidence area. For patience, sometimes you just have to mentally hold yourself back as you prepare, to the T, what you are crafting on the page.

Explaining to others how to write more effectively is itself an exercise in and a demonstration of writing.

True, it is conceivable you may write on a whim when your more truly creative urges call, as for a poem or short story. For a report, a memorandum, a college essay, or for more formal projects, research and organization tend to make the whole process a little easier. Heck, I would even suggest planning and researching for your more creative (and voluntary) writing projects, when at all possible.

By the way, far more writing tips than what I've spewed already appear in some form in many grammar manuals and writing texts, such as Muriel Harris's and Joan Pilz's Reference Guide to Grammar and Usage and Diana Hacker's A Canadian Writer's Reference. See, there is actual authority with respect to the intricacies to the writing game. (An escaped mental patient, therefore, I am not.)

Here is some more advice I can give you, much of which can be found in said manuals and texts. Revise and edit the hell out of your writing, damn you! I don't mean merely using the cut-and-paste features of your word processor either, as seductive as they may be. Read what you intend to submit backwards, forwards and sideways, be it an essay for your college teacher or a love letter to that attractive neighbour who doesn't even know you. Don't be afraid to trim the excess fat or going-nowhere language. Don't try to sound pretentious or conceited with your language. Become fast friends with a grammar text — in a hurry. A good dictionary helps too. I recommend the new Canadian Oxford Dictionary, which is like a friend to me. (Hey, stop snickering.)

Whew! In the space allowed for a column, I think I've managed to dole out many useful writing tips. Go ahead. I dare you to try them all. See for yourself the satisfactory results. Writing IS hard work, as you've now seen. In case it's not painfully evident, writing can also be very rewarding if you pay real mind to it.

A final tip: Keep in stock a good-sized bottle of Aspirin or Tylenol, for when the stress or anxiety literally gets to your head. Yeah, I know, but . . . no pain, no gain, as they say.

Use of public washrooms awkward, demeaning

By CALUM McNEIL
Staff Writer
Column

The smell of pine overwhelms me as I push through the door. The echo of my footsteps reverberates loudly as I creep inside. I clutch my abdomen. It feels as though an angry gnome is trying to fist its way out of my bladder.

Yes, I need to use the public washroom.

Public toilets have always been a problem for me. The whole experience seems perverse and embarrassing. Relieving yourself should not be a communal event. In fact, the notion of urinating a foot a way from a complete stranger seems more than a little barbaric to me.

. . . urinating a foot away from a complete stranger seems more than a little barbaric to me.

I can only speak from my own experience as a man, but there are few things more awkward than urinating beside someone.

Imagine it. You stand side by side and unzip your pants. You glue your eyes to a single spot on the tiled wall. You refuse to move your eyes from that spot for fear your "partner" will see some sort of head movement and assume you are peeking. Fortunately, some advertising genius has posted a few ads directly in front of your face, giving your eyes something to focus on.

Staring blankly at the ad in front of you, you fumble with your zipper. You are, of course, trying to seem cool, calm and collected. The harder you try to unzip your pants, however, the more difficult it seems to become. You let out a grunt of frustration and look down at your pants, finally getting the zipper to work.

It is then that you realize you just grunted and moved your head. "What does this guy think now?" you wonder, "Oh God, did he hear me? Does he think I'm checking him out . . . and enjoying it?"

Panicking, you quickly resume staring at the ad.

Getting to the business at hand, you proceed to release a torrent of fluid that would put Niagara Falls to shame. It is then that you are again reminded of the tremendous acoustic qualities of porcelain fixtures. You imagine in your head "Yes, this is what it must have sounded like when a brontosaurus that had been holding it for a month finally let loose."

Not that you want to brag . . .

The sound smashes its way throughout the washroom like a sonic boom. You let out a moan of ecstasy as the pressure in your abdomen is slowly relieved. The guy beside you does not exist anymore. The world is slowly melting away as your bodily function nears completion.

Finally, in a delirious haze, you finish.

Trying to regain your composure as the world slowly comes back into focus, you grope for your zipper and fix your pants.

You back away from the urinal, and with your partner in tow, head toward the sinks.

The world is slowly melting away as your bodily function nears completion.

Normally you wouldn't bother washing your hands, but seeing as how you're not alone you want to make a good impression. You cannot allow this complete stranger to think you are uncivilized after all.

You halfheartedly wash your hands and move toward one of two hand dryers to finish.

Hand dryers are an interesting concept. For me, paper towels are a much more efficient means of drying. You grab some absorbent paper, wipe your hands off and go. However, with these "dryers," you have to wait for five minutes before your hands get anywhere near dry, and more often than not, you leave the washroom with damp clammy hands.

This is assuming you bothered washing them at all.

With your hands cleaned but damp, you make your way toward the door.

You feel relieved to have relieved yourself, and relieved to be leaving this humiliating cubicle.

It is odd. Whenever I use public washrooms, I always feel violated.

Maybe I just need to see a shrink.

Hamiltonians proud, well-educated, hard-working too

By CRYSTAL LANGILLE
Staff Writer
Column

I'm from Hamilton.

I know. Ha Ha. Get all of your clever remarks out.

No, I'm not dying of lung cancer. No, it's not hard for me to breathe. And yes, you can drink the water.

Whenever I tell people that I'm from Hamilton, they instantly start making those stereotypical and, by the way, not all that clever remarks about Hamilton.

. . . the majority of Hamiltonians are well-educated, hard-working, and most important, proud to be a part of the city.

Either that, or they're intimidated.

I've heard people say, "You may get killed by gunshot or stabbing in Toronto, but they'll beat you to death in Hamilton."

Although it is true that your strength, courage and street smarts are tested daily, it's more often a test of your intellectual abilities.

I understand that when driving on the Queen Elizabeth Way all one can see is factories and smog, but don't judge a book by its cover.

Instead, let the smokestacks be a symbol of a long history of hard-working men and women fulfilling honourable jobs.

Let me remind, or better yet inform, you that Hamilton was once a thriving city, even more so than Toronto.

If people wanted jobs, they came to Hamilton.

If people wanted to experience the finest in art, theatre or dining, they came to Hamilton. If it was fun they were looking for — that's right — it was found in Hamilton.

. . . my Hamilton-bred morals, ethics and pride will always run through my veins.

It takes character to live there and, although I'll admit there are also a lot of "characters," the majority of Hamiltonians are well-educated, hard-working, and most important, proud to be a part of the city.

Although I may not always live there, my Hamilton-bred morals, ethics and pride will always run through my veins.

So, next time you're on the QEW, look past the smokestacks and toward the people behind them.

IN MEMORIAM

Trudeau's early policies 'very radical'

By JENNIFER CHORNLEY
Staff Writer

"Justin and Sacha Trudeau deeply regret to inform you that their father, the Rt. Hon. Pierre Elliot Trudeau, passed away shortly after 3 p.m. today, Sept. 28, 2000."

This was a statement released by the sons of the former Prime Minister Pierre Trudeau. The statement was on the front page of the Friday, Sept. 29, edition of the National Post.

Trudeau died from complications of Parkinson's disease and prostate cancer.

Retired Niagara College professor Michael Collins met Trudeau in 1976 when he attended the St. Catharines 100th anniversary as a city. Collins is a regional councillor for that municipality.

He described what it was like. "When I shook his hand in the reception line his eyes would look right into your soul. He was the kind of person that if you met him you would like to follow him. To meet him was a very dramatic experience."

Collins says Trudeau's political policies during that time were "very radical."

He says Trudeau was a change from the "stuffy old leaders" during the first 100 years of Canada's government. It was a big breakthrough. He wasn't boring and "loved to show off." Trudeau inspired people to become involved in politics.

In comparison with John F. Kennedy, he says, "Even though John Kennedy had good speechwriters and a good education, Trudeau had more charisma. There will not be another Trudeau in the next 50 years."

In an telephone interview with *Niagara News*, Carl Hansen, 50, a high school social studies teacher in Innisfail, Alta., reflects on Trudeau's accomplishment of bringing home the Constitution in 1984, and on the "not-so-good issue" of the National Energy Policy.

The flags at Niagara College's Welland campus fly at half-mast in recognition of Pierre Elliot Trudeau's death.

Photo by Jennifer Chornley

"It angered a lot of Canadians, especially Albertans," he says. "Canada became of age with Trudeau. He was a great statesman and was never intimidated. He wanted what was the best for the country."

As an English Quebecker, Leah Bradshaw was 16 during the 1970 FLQ Crisis. Bradshaw recalls when troops came to her high school and arrested French teachers.

Her high school was divided into an English- and French-speaking school, but was divided more along religious lines, she says.

"This was a very exciting time in Quebec," she recalls. "Trudeau influenced the people who were interested in politics but were intellectually inclined to do so."

Bradshaw teaches at Brock University in St. Catharines.

A Niagara College professor says what he respected most about Trudeau is that he knew what he wanted to do, regardless of whether others agreed.

Brian Keppy, 52, says, "Trudeau envisioned all one Canada. He set standards right across the board. He made it clear to divide the role of government from the role of society.

"Trudeau wasn't your typical politician and made it clear to stay out of regional issues and let the people decide for themselves."

Keppy, who teaches politics, current events and history courses at Niagara College, remembers, while attending Queen's University, an Orientation treasure hunt at which participants were supposed to come back with "the biggest thing."

"I remember we called Trudeau's office and he gave us the country for five minutes. We were amazed about how easily we got through to the Prime Minister's office. That is my closest memory to Trudeau."

PET helped shape new face of Canada

By JENNIFER CHORNLEY
Staff Writer
Column

As I look back at the National Post photo essay and features on the Right Honourable Pierre Elliot Trudeau, I reflect upon how Trudeau was a memorable prime minister and how he shaped the new face of Canada.

It is sad that I know more about Trudeau than Sir John A. Macdonald, the founding father of our nation, and even Prime Minister Jean Chrétien, but Trudeau fascinates me.

He is recalled for the red rose in the top buttonhole of his three-piece form-fitting designer suits in shades of brown, blue, black and grey and for the long walks he took in the middle of bitter Ottawa winters so he could reflect on the day's activities and future plans for Canada. Of course, the older generation will fondly remember Trudeau-mania.

I will always remember his famous quote regarding same-couple rights, "There's no place for the state in the bedrooms of the nation," I guess mainly because of the bedroom aspect.

Significant photos include Trudeau with Queen Elizabeth II signing the Canadian Constitution in 1982, an action that truly made Canada, Canada, and Trudeau performing a pirouette behind Queen Elizabeth at Buckingham Palace in 1977.

As significant is a photo taken during the FLQ Crisis, when he knocked on the roof of his bullet-proof car. This photo symbolizes the height of the October Crisis and its effects. It recalls the measures Trudeau took, as prime minister, to ensure his own security and the nation's were not destroyed.

The greatest of his achievements was bringing the Constitution home, but I have to dispute the impact of the Young Offender's Act.

His personal life was as public as his prime ministerial role. He married the ever-flamboyant Margaret Sinclair, a self-confessed hippie. The fairy tale marriage was a national soap opera, the only subject people were interested in sometimes.

Even Charlotte Grey, a writer from Britain, who came to Canada in 1978, says the only two subjects British editors were interested in were "Where is Margaret?" and "What about Quebec?" This was during the time Trudeau's fairy tale marriage was beginning to crumble and Quebec began threatening Canadian unity by planning to become a sovereign nation.

The thorny rose symbolizes his reign as prime minister, the energy crisis of the 1970s and the FLQ-instigated October Crisis.

That was the 1970s and early 1980s.

Now it is 2000.

In the photo of Trudeau with his son Sacha and former Governor General Romèo LeBlanc and his son, Dominic LeBlanc, at his last vacation on Aug. 5, I see he had aged considerably. He looked thin and weak compared with other photos showing Trudeau canoeing on his last wilderness trip in 1992, where he looks to be a man who is strong and flowing easily through life.

As time passes, people grow old, and that is what Pierre Elliot Trudeau did.

I give my regards to his family in Montreal.

Goodbye, Mr. Trudeau. You were a prominent figure in the world, and most of all, in Canadian history.

Pierre Elliot Trudeau — 1919 - 2000.

Pierre gave Canadians a reason to be proud

By LAURA T. RICCIUTO
Staff Writer

From powerful political leader to inspiring journalist, in the eyes of many Canadians, Pierre Elliott Trudeau was a man who offered it all.

At 3 p.m. on Thursday, Sept. 28, the nation heard the heart-wrenching announcement, that the 15th Prime Minister of Canada had died, at the age of 80, after losing his battle to prostate cancer and Parkinson's disease.

The late prime minister, who served his country from 1968 to 1984, made numerous historic alterations to Canadian society while he was in power.

Remembered by most, he was a man who gave Canada a voice. He gave Canadians something to stand for, a place Canadians from coast to coast could be proud to call their homeland. Although the above remains true, there were still those who disagreed with the policies and changes that he enacted while in office.

Known for being the man who made Canada the land of two languages, Trudeau legislated the Official Languages Act on June 9, 1969, requiring English-French bilingualism to be implemented across country.

In 1970, during the October Crisis, he invoked the War Measures Act, which immediately put a halt to civil liberties when the separatist terrorist group, Front de liberation du Quebec (FLQ), kidnapped British Trade Commissioner James Cross and Quebec Cabinet Minister Pierre Laporte. Results from the hostage taking left Cross a free man, while Laporte was not so lucky. He was assassinated.

April 17, 1982, marked the day Trudeau brought home Canada's Constitution and the signing of the Charter of Rights and Freedoms in a ceremony on Parliament Hill with Queen Elizabeth II.

The same man who Canadians knew as a politician, journalist, author, lawyer and outdoorsman had yet another side to him . He was a family man.

In 1971, the 51-year-old prime minister tied the knot with his bride, Margaret Joan Sinclair. The 22-year-old bride soon became the mother of his first child, Justin Pierre James Trudeau, born on Christmas Day of the same year.

Two years later, to the day, their second son, Alexandre Emmanuel (Sacha), was born.

On Oct. 2, 1975, the couple became parents for the last time together, to their third son, Michel Charles-Emile (Micha).

In 1979, the couple relinquished all chances of saving their marriage and proceeded with the final stages of their divorce.

At the age of 71, Trudeau became a father for the last time, this time as father of a little girl. On May 5, 1991, Sarah Elisabeth was born. The child's mother was Trudeau's friend and companion Deborah Coyne, a law professor and adviser on constitutional affairs to the Newfoundland and Labrador government.

In November 1998, Trudeau lost his youngest son, Michel, 23, to an avalanche that carried his son into Kokanee Lake, while on a ski adventure near Nelson, B.C. Family and friends believe this tragedy led Trudeau into a state of ill health, from which he never fully recovered.

Weeks prior to his passing, sons Justin and Sasha made an announcement that their father was "not well."

On Oct. 3, following four days of official national mourning, the former prime minister, who served Canada for 15 years, was laid to rest in the city in which he was born, Montreal, Que.

A freshly cut, single red rose, which Trudeau usually wore in his lapel, suddenly became a symbolic token of remembrance, as Canadians grieved the passing of this historically notable political leader.

At the solemn gathering of more than 100,000 spectators and mourners from all walks of life, not many, including family and international political figures, were able to keep a dry eye, as Trudeau's oldest son, Justin, intoned the eulogy for his father.

Using deep concentration to compose himself, Justin revealed to the world, with

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WORKING TOGETHER

Six nominees recognized for entrepreneur skills

By LAURA T. RICCIUTO
Staff Writer

When you mix creativity, initiative, competiveness and success, Niagara College President Dan Patterson couldn't help but say, "Someone in this group is going to become a millionaire."

The college president was "proud to announce" this year's nominees for the Niagara Entrepreneur of the Year Awards, at a breakfast reception held earlier this month, at the Glendale campus.

The seventh annual awards ceremony is divided into eight categories. Each category has specific requirements and qualifications covering a range of entrepreneur characteristics, including innovative technology, business growth, international marketplace, and creativity, as well as a youth category for nominees 29 years old and younger.

These are the Entrepreneur of the Year nominees for Enterprise 2000:

• Mark Kawabe, Web designer for The Web for Business.com in St. Catharines.

• Robert Graham of Graham Sensor Technologies Inc. in St. Catharines.

• James Towne of Lighthouse Application Service Provider Inc. in St. Catharines.

• Ina Hanson, dance-wear designer for Creations by Ina, St. Ann's.

• Sandra Morgan of Health Line Home Health Care in St. Catharines.

• Ivan Blaney of Mountainview Rocking Horse Farm Inc. in Beamsville, Ont.

Each of the nominees for Enterprise 2000 has either graduated from or is a current participant of the Self-Employment Benefit Program, says Heather Carter, manager of the Business Development Centre at Niagara College's Glendale campus.

The Self-Employment Benefit program is sponsored by Human Resources Development Canada. Since its start in the community, in 1992, this program has assisted in getting more than 1,000 businesses operating.

"They're contributing to the economic growth in the community and we are proud of them," says Carter, adding these nominees "span the whole realm of businesses" with the variety they offer.

Niagara College President Dan Patterson, centre, congratulates Enterprise 2000 nominees, from left, Sandra Morgan, Robert Graham, Ivan Blaney (at rear), James Towne, Mark Kawabe and Ina Hanson.

Photo by Laura T. Ricciuto

All nominees were presented with a certificate during the morning gathering, to recognize their nomination.

The finalists for Enterprise 2000 were announced at a nominee reception at Casino Niagara in Niagara Falls, on Oct. 5, with the Awards Ceremony following on Oct. 20.

College hosts first leadership group challenge

By DAN D'AMICO
Staff Writer

It was a wet day in the woods beside Hennepin Hall in Welland as Niagara College hosted its first Canadian Ropes Course Company (CRCC) group challenge on Sept. 23.

David Veres, 40, co-ordinator of the Special Events Management (Post-graduate) program, and Aaron Johnson, 23, a graduate of the Recreational and Leisure Services program, led the group of 10 participants throughout the day's events.

Inside the building, the group began by being led through a series of ice-breaker games, including rock-paper-scissors, an introductory hulahoop game and a ball-juggling game involving group co-ordination. After the games and a time for reflection, the low ropes course was awaiting the group outside.

Veres described the course as a "challenge-by-choice method," meaning the challenge is given to the group and it is up to them to solve it. Successful solutions are considered conquered events. He added that spotters were used for each event to ensure safety.

The first outdoor activity was called "Whale Watch." It involves a large board rested on a beam. The group members must balance themselves on the board for 10 seconds with neither end touching the ground. It turned out to be a successful event, but difficult.

The second event was a little easier as the group members separated into pairs. With a cable attached from one tree to another and the only guide being a higher rope attached to each tree, partners must meet in the middle, switch guide ropes and make it to the opposite tree from which the other started. Veres said the events provide a leadership training opportunity.

Johnson furthered his education at Seneca College in North York, earning a certificate in the Recreation Outdoor program. He worked as a climb high instructor for one year at Seneca where he was also a recreation field operator. "I enjoy doing this. It's fun. The experience I had (when he was in a group) . . . threw me right at it." Now, he said, he volunteers his time, hoping to turn it into a job.

Valerie Grabove, consultant for Niagara College's Centre for Professional Development, co-ordinated the centre-sponsored event. She said her role is to "facilitate professional, personal and organizational development." The low ropes course "focuses on the concept of team building, personal building and leadership skills."

She said Niagara College hosted the event to take advantage of something available on-site. Different departments of the school can come to take the course for a day and use it as a "catalyst for problem solving," said Grabove, adding, participants can transfer ability from the low ropes course to their job. "I take part because I am interested in joining in. It's a great opportunity to interact with my colleagues."

A flier was sent out to college staff inviting them to take part in the day's fun. The next course will be on Oct. 26, while a trainer's session will occur on Nov. 4. People who take the training session will be able to lead their own group.

'Significant changes' in college, review schedule

By LAURA RICCIUTO
Staff Writer

Niagara College's program review schedule has undergone some "significant changes" by refining a multi-year plan to comply with new directives from the Board of Governors.

At a recent board meeting, Bonnie Rose, vice-president academic, outlined the new process, an outcome of a board decision in June.

At that time, the board expressed concerns regarding the schedule for program reviews and requested an adjustment. Program review is a standardized process, a mandated responsibility of the Board of Governors to ensure the overall "objective review" of programs at a post-secondary level.

A concern the board expressed with the previous review process was that they were becoming "show and tell, not the gutsy reviews of what's going on in the program," says Niagara College Vice-President Academic Bonnie Rose, adding, "The Board of Governors felt that it was probably more helpful to have the detailed discussion of what's going on in programs with the people who are close to the front lines."

The analytical reports, which are based on "trends and benchmarks" in the industry of study are being prepared for review on a three-year cycle, updated from those prepared on a two-year basis, as well as including the input from various areas of the college.

"We have too many programs to review every two years," says Rose, adding, "It's our opportunity to take stock of a program."

Asked what effect this additional year will have on the programs, Rose says, "I think it will be positive. We have many programs that are three years long, so it gives a chance to look at a full three years of the program."

Through the program review process, Niagara College incorporates "strategic market niches" when clustering programs.

The changes to the program review are "geared to effect students by ensuring the quality and the relevance of the program they're involved in," says Rose, adding, "It's like a checkup."

The "key piece" to the change is that, previously, the review was prepared by program staff. The new system has incorporated college staff beyond the program, as well as input from students and other stakeholders, including advisory committees. Both systems have drafts reviewed by the vice-president academic. Rose says this change will allow for "a more active voice" from students as well as giving the advisory committees a "much meatier role" in looking at the regular program review.

"It provides us as staff, faculty, administration and everybody with opportunities to spend our time looking, very honestly, and very carefully at our programs, without concentrating as much on public presentation to the Board of Governors."

Rose says the "primary unintended outcome," which concerned the board, was losing the "really nice connection" the program review presentation had between the board and students, graduates and advisory members, who made presentations.

Although this change has been made to presentations, Rose says, the board "thought long and hard" about this decision, but hopes to participate in a "more meaningful way" through program review and award ceremonies.

Another area of change is in the signing of final documents. In the past, the review was signed by the program advisory committee chair and vice-president academic. It was then presented to the board. The new program has the review discussed and approved by the program advisory committee, signed by the chair and vice-president academic and then forwarded to the board.

The issue will be discussed at the Academic Forum on Oct. 23 from 3:30 p.m. to 5 p.m. in Hennepin Hall Room H28 at the Welland campus.

Out And About

College instructor serves as book judge

By JENNIFER CHORNLEY
Staff Writer

In the best-seller section of the Fairview Mall's Chapters bookstore in St. Catharines, three Niagara authors were honoured Sept. 8 for their literary contributions by becoming finalists in the first annual Chapters/Downtowner Book Prize 2000.

This award kicks off the World of Words Book festival in Niagara's literary and arts community, being held Oct. 20 to 22.

Celebrating achievements were Susan Merritt, of Ridgeway, Hans Tammemagi, of St. Catharines and Wesley Turner, of Niagara-on-the-Lake.

The Niagara Book prize is an award Sean Charlebois, 30, says is "well overdue in the Niagara region."

Charlebois is the editor of the Downtowner magazine.

"Tonight we celebrate another milestone in the pursuit of literary excellence in Niagara," he says. "The continued support of our growing literary community is crucial if, as a region, we want to create a place of cultural fortitude, where quality of life is enhanced by the esteem and respect we bestow on our artists."

The first finalist in the short list contest was Merritt, 48, who submitted her book called Her Story III: Women from Canada's Past.

Merritt's book contains stories of 14 Canadian women from 1762 through 1980 and follows Her Story I and Her Story II, two previous books regarding Canadian women.

She began writing because she discovered the Canadian women she was researching fascinated her and, she says, that endeavour was "like being an investigative reporter."

At Chapters, she read aloud about Canadian Olympian Bobbie Rosenfeld, who won two Olympic medals in 1928. Rosenfeld won gold in the women's 4x100-metre relay, won silver in the women's 100-metre run and came fourth in the 800-metre run.

Merritt is a lawyer who practiced law for 22 years before deciding she wanted to become a writer. She ended her law practice because, she says, she could not write and practice law at the same time.

Merritt has written four children's books: Cheddar and the Bullies, Down in the Dumps, Sleep, Centipedes, Sleep and When Pigs Go Bad.

She says she will continue writing, possibly adult books, but wants to see the "needs and wants of the marketplace" beforehand.

Merritt says she is thrilled at the "real honour" of being short listed.

Environmental consultant Hans Tammemagi's third book, The Waste Crisis: Landfills, Incinerators, and the Search for a Sustainable Future, made him a finalist.

Tammemagi's book discusses how Canada and the Niagara region manage the disposal of solid and industrial waste.

The 56-year-old author says he enjoys writing books because "writing in words is a wonderful way to learn and be entertained. Compared to the Internet, television and movies, books are unbeatable, books are tops."

From left, Wesley Turner, Hans Tammemagi, Tim Rigby, St. Catharines mayor, and Susan Merritt at the Chapters/Downtowner short list presentation Sept 8.

Photo by Jennifer Chornley

Tammemagi is a professor at Brock University, in St. Catharines, in the department of Earth Sciences. He writes articles regarding environmental and energy issues for local newspapers and magazines.

He says his family is supportive and enjoys the fact he is publicized. His wife, Allyson, helps as much as she can and gives him her support, he says.

"[Writing] is poor pay, yet it has wonderful satisfaction."

He has written two other books, Winning Proposals and Exploring Niagara, a book his wife Allyson co-authored, regarding Niagara's history and geography.

Wesley Turner, 67, of Niagara-on-the-Lake, was the third finalist with his historic book British Generals in the War of 1812: High Command in the Canadas.

This work is about the life and times of five British generals who fought in the War of 1812, and are compared with one another in their abilities, achievements and failures. Also discussed are their childhoods and families.

Turner says he is delighted and it's a "great honour" to become a finalist. He joked he was "at a loss for words, which is unusual for a historian."

Turner was a high school history teacher for seven years before becoming a professor at Brock University for 31 years. He taught the history of the British Empire, Ontario and Canada.

Turner previously wrote a book called War of 1812: The War that Both Sides Won, a best-seller that is now available in a second edition.

Turner says writing is part of a historian's job and he writes because he enjoys it and is interested in history.

The judges for the competition were Eva Tihanyi (McCarney), 44, who is a Niagara College professor and local writer Patricia Keeney, a professor at York University, in North York, Ont.

Tihanyi judged 12 books ranging from poetry to fiction and non-fiction works.

She says, "I am used to reading 50 books a year for the Chapters/Books in Canada First Novel Award, worth $5,000, so to read books wasn't a big deal for me. Anyway, I like to read and in four years I have read about 200 books."

Tihanyi was asked by Charlebois to judge the competition.

The winner of the Niagara Book Prize will be announced at the World of Words' opening night gala on Oct. 20.

Clerk gets 'satisfaction' from helping others

By SCOTT ROSTS
Staff Writer

Debbie Ellis gets "a sense of satisfaction" from helping someone out.

Ellis, 43, of Welland, is helping a lot more people as Niagara College's Welland campus Information Centre clerk.

Ellis has spent six years working at the college. She started at Niagara as a program secretary, for the Centre of Environmental Training at the former Wellandvale campus in St. Catharines. When that campus closed and the programs moved to the Glendale campus in Niagara-on-the-Lake, she became program secretary for the Environmental, Horticulture and Agribusiness Division.

On Oct. 2 she moved to the Information Centre and replaced Patty Faragalli.

Ellis says she decided to move to the Information Centre because she wanted to help out students.

"I really like dealing with the public. That's one of my strengths," she said.

Ellis says her favourite thing about the college is the contact she has with students.

"I get a sense of satisfaction when I can help."

Ellis says the big difference between her old job and being Information Centre clerk is that she is involved in more "direct contact" with students and the public, instead of dealing with faculty.

"I love meeting and greeting students and sharing information with them.

Debbie Ellis is the new Information Centre clerk at Niagara College's Welland campus.

Photo by Scott Rosts

This job has given me the opportunity to learn more about the college."

Ellis says she graduated from Niagara College's Computers Business Applications program in 1988. She has been married for 22 years to Jim Ellis, a corrections officer at the Thorold Detention Centre. Ellis's daughter, Holly, 16, is an honour-roll student at Notre Dame High School in Welland. Her son, Matthew, 19, goes to York University in Toronto. Matthew is a left winger for the St. Michaels Majors of the Ontario Hockey League.

Ellis works at the Information Centre from Monday to Thursday, 8:30 a. m to 2:30 p.m. The Information Centre is across from the registrar's office in the college's main complex in Welland.

College Life

Photos By:

Jennifer Chornley

Nauman Farooq

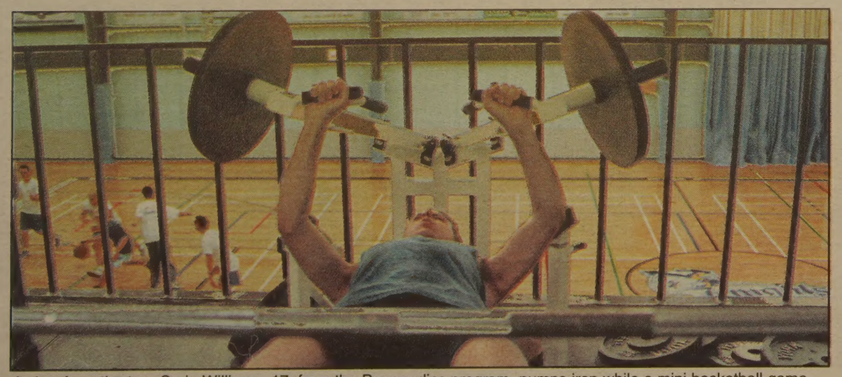
Patricia Hughes

Locking it up. Steal it, you die.

A Welland Transit bus pulls into the front entrance of Niagara College.

TRANSPORTATION

Eek . . . Late for a public relations test. Mariana DeBartolo, 23, and Kelley Clarke, 23, from the Public Relations Post-graduate program push furiously to get their dead car battery boosted, then hurry to class.



A view from the top. Craig Williams, 17, from the Paramedics program, pumps iron while a mini basketball game happens in the background.

HANGING AROUND

Baher Mustaffa, 20, from Palestine, left, studies with Ami Ikoma, 21, from Japan, in the international students' centre. Both are in their second year of Office Administration — Executive (Co-op) program.

Study Time

Studying while having lunch has become routine for some.

Eric Dyson, 21, of the Broadcasting — Radio, Television and Film program, is picking up last-minute supplies at the Welland campus bookstore.

Students enjoy their cigarettes in the courtyard at the Welland campus between classes.

CAMPUS EATS

The After Hours pub, at the Welland campus, is the perfect place to unwind after classes.

"Kids in the hall" of the college swarm the Java Café and Campus Bookstore.

COMMUNITY COVERAGE

Student Services offers students support

By CHRISTINE CHALONER
Staff Writer

In one office, many student lives change every day at Niagara College.

"Work hard, play hard, stay safe, be happy" is the one message to give students, says the director in this office.

Student Services is a "dynamic division in the college whose mandate is to support students physically and academically," says Brigitte Chiki, director of student services.

The services Chiki is responsible for include the health service. The college has two nurses and a doctor's clinic with the doctor visiting once a week. At the Welland campus, the doctor's visit is on Fridays and the Glendale campus in Niagara-on-the-Lake doctor's visit is Wednesday mornings. Doctor's visits are by appointment only and students must show their Ontario health card.

There is also the athletic department, consisting of intramural sports, varsity sports and recreation.

Student Services is also responsible for putting together Orientation, durng which the staff work closely with the Student Administrative Council (SAC), and for peer tutoring. SAC donates $5 for each tutoring session, and last year Student Services and SAC "provided over 4,000 hours of tutoring and over 100 jobs," says Chiki.

"Work towards a well-rounded experience in education but while you do that take care of yourself," says Chiki, adding, "Remember there are plenty of services."

Another responsibility is the centre for students with disabilities, which has three full-time specialists and counseling with five professors available at all three campuses.

Aboriginal Education Access is looked after by Student Services, as is Prior Learning Assessment. The latter is a program that allows people to be exempted from certain courses because of what they may have learned in life. These people will meet with experts and do tests to see if they have already learned certain skills that will be taught in the classroom.

With help from SAC, Student Services produces the student handbook that most students carry around with them.

"When the students break rules outside of classrooms they come to me," says Chiki, about the Students Rights and Responsibilities section she looks after.

Another thing that Chiki helps organize for students is Student Appreciation Day, which will be held Jan. 25, 2001.

Ribbon-cutting ceremony held for new gym floor

By JENNIFER CHORNLEY and BROOKE DREDGE
Staff Writers

The Niagara College gymnasium received a floor lift with the addition of the Niagara Knights' emblem in centre court, during the summer holidays. The ribbon-cutting ceremony was held on Sept. 27.

Gym-Com Ltd., of Barrie, Ont., created a floor that Niagara College President Dan Patterson says "will last 30 to 50 years."

The system manufacturer, Robbins Sport Surfaces, from Cincinnati, Ohio, is the largest supplier to the National Basketball Association, (NBA) and Division 1 National Collegiate Athletic Association colleges.

The new floor cost about $200,000 with $50,000 contributed by college students through the Student Administrative Council. Another $50,000 was contributed by the athletics department, and $100,000 came from the administration.

The Robbins Bio-Channel sport floor system, according to the company, is a technologically advanced maple hardwood sports floor, combining the anchoring of the floor system to the concrete slab, while providing optimum performance characteristics for recreational and athletic performance.

'The new floor is going to be much easier on the players.'
— Ray Sarkis

The anchoring of the sub-floor creates an environment where all physical contact with the floor receives the same level of shock absorption.

The representative from Gym-Con Ltd, Joe Wilson says, "The floor absorbs 63 per cent of the shock at the ankles, unlike high school gymnasium floors, which absorb only 37 per cent of the shock on the ankles."

In addition, the Bio-Channel floor is "unequalled in the industry and will provide years of user satisfaction."

Ray Sarkis, co-ordinator of Niagara's athletics department, says, "It is a fantastic floor, but the athletes matter most. We are not going to see the injuries of athletes on their backs or knees."

Gym-Con donated $5,000 to the athletics department which, Sarkis says, "was unexpected and will be well-used by the coaches. The money will be divided by the four major programs, men's and women's volleyball and men's and women's basketball."

The push to replace the old floor, Sarkis says, was because it was in "bad shape" and it was time for a new one before the athletic season got under way.

"The floor was causing too many injuries to students and players. There were visible dead spots all over the place, which are the high and lows you see in the floor. The administration realized the poor condition of the floor, and they sat down with SAC to see if they could get help with funds to repair it over the summer."

"The college sent out tenders to various hardwood flooring companies and Gym-Con had the best bid," says Sarkis.

He said the old floor was state of the art when first installed in 1968. Over time, it was discovered that it had worn to one-eighth of an inch in thickness, which is the playing surface the students used.

Sarkis commented that the students and players using the courts weren't playing on regulation hardwood but rather cement, which was having adverse effects on their physical condition.

Sarkis said the new floor is "the latest in sports floor system."

"The floor looks great. They did an outstanding job not only on the floor but also on having it done on time."

"The new floor is going to be much easier on the players now, causing fewer injuries, and it will be easier on their backs and knees for running. You can jump on the floor and feel the give of the springs. The old floor was like jumping on cement."

Work on the gym isn't completed since there are more repairs to be done over the Christmas break. The gym walls will be painted. The entrance way into the gym will be expanded plus. Sarkis says, he is also hoping to see a sports therapy room installed to help injured players.

He said, "The improvements will enhance our recruiting chances by giving visitors and new students a chance to see how we are trying to improve our school, and offering state-of-the-art facilities for our programs."

The system manufacturer, Robbins Sport Services, is the largest supplier to the NBA, and Division 1 National Collegiate Athletic Association colleges

From left, Dianne Vanderhoven, women's volleyball, Joe Wilson, representative from Gym-Con, Steve Hudson, vice-president of Niagara College, Brigette Chiki, director of student services, Dan Patterson, president of Niagara College, Ray Sarkis, co-ordinator for Niagara College's athletic department, Mal Woodhouse, director of facilities management services, Maid of the Mist Centre Student Administrative Council (SAC) President Glenn Murray, Jeff Dutcher, Welland SAC vice-president of internal affairs, Welland SAC President Ryan McLaughlin, Jason Boccinfuso, vice-president of campus affairs, Karen Marasco, health care administrator, and Jeremy Walls, Maid of the Mist Centre SAC vice-president.

Photo by Jennifer Chornley

Seminar on paranormal activity will take place before Halloween

By ANDREW SOVRAN
Staff Writer

A seminar on ghosts and poltergeists, held just days before Halloween, could help bring out the "spirit" of the highly anticipated annual tradition.

A three-hour seminar on the paranormal will take place on Oct. 28 in Hennepin Hall at the Welland campus at 1 p.m.

Taralea McLean, a development officer for Continuing Education, says the seminar will "explore the differences between ghosts, spirits and poltergeists."

The fee to participate in the seminar is $38.41.The seminar will be conducted by Dr. Peter Sacco, who teaches Continuing Education courses on the paranormal as well as psychology.

McLean says Sacco has "done a lot of research (on) understanding the paranormal."

She says the seminar will include "examining different belief systems surrounding the world of ghosts."

People should expect the seminar to be "fun and informative," she says.

"(It will look at) what, in science, ghosts are all about."

COMMUNITY COVERAGE

Colombian educators visit Niagara College

By CLINTON HAGGART
Staff Writer

Colombian educators have come to the Niagara region to learn.

Sixteen principals from teacher's colleges and technical schools in Colombia have come to Niagara College to study technology in the classroom and innovative teaching methods.

"That's why we are so active in South America. They want to reform their secondary school education," says Jos Nolle, 44, director of international education and development.

He says Colombian schools get much less funding than Canadian schools receive because their economy is less stable.

He says there are fewer resources and not enough facilities because the government spends more on fighting the drug trade.

Some schools operate two different schools during the day, says Nolle.

From about 7 a.m. to 1 p.m. one student body attends. Then about 30 minutes later another student body comes in.

The Colombian principals were sent by the Ministry of Education in Colombia, and were sponsored by the Associacion Panamericana de Instituciones de Creditos Educativos (APICE). APICE is a group with members from 22 South American countries.

Niagara College will host an international conference in May 2001. APICE and a member from each bank that lends money to students wanting to study nationally or internationally will be attending.

The principals have visited Kernahan, Connaught, and Grapeview public schools in St. Catharines and St. Alexander Catholic School in Fonthill.

Kyla Pennie, 26, international projects specialist, says the principals are learning skills in leadership, theory, style and dealing with challenges they may meet.

Pennie says the principals are impressed with how Canadian teachers teach values to the students. There are several nuns in the group. "They teach mostly to underprivileged students, like women, in rural communities," says Nolle.

Because of the machismo attitude in South American countries, women do not have the same opportunity as men to further their education.

Colombia doesn't have public colleges like Canada, although they have private colleges, says Nolle. "They are thinking of a community college system."

He says Niagara College would have the opportunity to promote post-graduate education in Colombia.

"The reason they come overseas is they need English, and we have many programs they don't," says Martha Casson, Niagara College's vice-president of enterprise and student services. They have "craft" programs like carpentry, welding and mechanic programs, but they don't have the next level of technology, she adds.

"It is important that we learn as much as we teach from these principals," says Casson.

Niagara Dental Clinic honours Dr. James Sim

By CALUM McNEIL
Staff Writer

The cool white porcelain, the clang of sharp steel, and the icy stares of white-clad young women greet visitors.

Welcome to The James Sim Dental Clinic at Niagara College's Welland campus.

On March 23 of this year, Niagara College named its dental clinic after Dr. James Sim, who passed away in 1995 at the age of 72. His widow, Ruth Sim, visited the facility with her brother-in-law John Sim and his wife, Martha, on Sept. 12.

Escorted by Niagara College President Dan Patterson, they were introduced to students and teachers, and were shown the clinic, which might not have existed without the aid of the late dentist.

He encouraged ongoing education, says Ruth Sim. "I'm really impressed with the facility. It's a wonderful tribute to my husband."

Patterson says Sim is considered a role model in the college, adding he recognized the value of education and was instrumental in working with the college to develop the program. His commitment to scholastic excellence was the reason the clinic was named in his honour.

Patterson says the dental clinic offers some of the finest classes in the college.

"We receive applications from across the country to study at the Dr. James Sim Dental Clinic."

Sim was the founder of the first dental study club and served as president of the Niagara Peninsula Dental Association. He helped establish the dental program in the 1960s and provided clinical assistance to students.

The clinic features 22 dental chairs, radiography facilities and a lecture and demonstration room.

Dan Patterson, (left) president of Niagara College, meets with relatives of James Sim. Ruth Sim, widow, John Sim, brother of James Sim and wife, Martha Sim listen intently to dental programs Co-ordinator Kathleen Adams explain what first-year student, Patti McLean, is demonstrating.

Photo by Calum McNeil

Week of the Child

By HILARY TAYLOR
Staff Writer

It's a celebration of the wee ones as The Child Care Centre at Niagara College will be marking Week of the Child from Oct. 16 to 20.

This is the 20th annual celebration of the special week, which began in the International Year of the Child and was proclaimed by the United Nations in 1979.

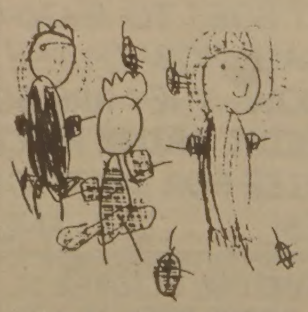
Communities join forces during the week to emphasize the benefits of quality early childhood education to parents and the community and helping everyone realize the needs and rights of children.

The official kickoff is on Monday, Oct. 16, at 10 a.m., at the Pen Centre in St. Catharines.

On Wednesday, there will be a parade by the centre's children, starting at 10 a.m., at the college's Welland campus. Welland Mayor Dick Reuter, Barney, the Teletubbies, as well as Trevor and his trombone have been invited.

At 6 p.m there will be family entertainment. Comedian and juggler Craig Douglas will be performing. This will be held in the Hamilton Room. The cost of admission is $2 a person. Anyone wishing to go must contact Pat Eversden at (905) 735-2211 ext. 7587 or Sharon Fordyce at ext. 7680.

The week concludes on Friday with a raffle basket draw. Tickets may be purchased through the Child Care Centre for $1 each or three tickets for $2.



Screenwriting program growing

By PATRICIA HUGHES
Staff Writer

Niagara College's new Screenwriting (Post-graduate) program is becoming increasingly more popular.

Andrew Stevenson, 34, from Vancouver, B.C., is the program co-ordinator at the Welland campus.

The program is in its second year with 16 students, up from last year's 12 students.

Stevenson says, "It (the program's enrolment) will pick up as grads get out there. Word will spread."

Students can apply through Ontario College Application Services. Students must have graduated from a related field such as English or communications and are asked to submit samples of their writing.

Stevenson says this is a post-graduate program because "it is meant for students with backgrounds in studying media."

It is not meant for beginners, he says, adding, the screenwriting program teaches "all phases of writing a screenplay or script of TV or film." It teaches how to write outlines, drafts and documentaries and includes basic production strategies and skills such as budgets, scheduling, financing and marketing, "all the skills a writer will need to have."

Stevenson says students are interested because it is an exciting field that is "growing rapidly."

Students have a chance to be creative, he says, adding it is "the most powerful medium of our age."

He says the biggest misconceptions students have about the program are that it's "very intensive" and "technically strict."

Students must conform to strict technical guidelines and work independently."

Andrew Stevenson, co-ordinator of the Screenwriting (Post-graduate) program, stands in his office in the Voyageur building at the Welland campus.

Photo by Patricia Hughes

ENTERTAINMENT

Carson Downey Band at college Oct. 24

Photo submitted

By RYAN McLAUGHLIN
Staff Writer

Blues isn't about originality nor is it meant to be improved on or rewritten in a better way. It is about taking what has already been brought to a soul-wrenching level and embracing it.

The Carson Downey Band and its new CD, **All The Way**, does more than embrace the blues. The band members squeeze it so tight that you feel they have the power to take it, as if it were some tangible object, and mould it into their own sculpture of soul.

This Nova Scotian band offers classic-sounding rhythmic tunes like the album's title track, *All The Way*, which sets the stage for this excellent disc. This flavour carries throughout the CD, from beginning to end, without pause.

The disc offers a range of feeling from songs lined with funky progressions that keep the speakers pumping, to songs such as *I'm Sorry*, a soulful tale reminiscent of seedy dive bars that only the movies do justice to.

There is a fine line between playing blues and listening to it. Either way this CD takes hold of you with its electric grip and doesn't let go. It is a beer-drinking, bar-stomping good time.

Some things aren't done to be improved on but simply to be done well, and The Carson Downey Band does blues, and does it well indeed.

The band will be playing at noon at the Glendale campus pub in Niagara-on-the-Lake on Oct. 24 and at the Welland campus pub on Oct. 25.

Rival cheerleaders battle for on-screen laughs

By BROOKE DREDGE
Staff Writer

"Oh Mickey, you're so fine. You're so fine you blow my mind. Hey Mickey, Hey Mickey!" Cheerleaders everywhere, hear me and Bring It On.

Bring It On is a comedy movie about rival cheerleading squads battling for ultimate glory. No, they are battling not only for a trophy but for the chance to prove which squad reigns supreme. This movie is a supreme success in depicting the battle that is played outside nationwide each year.

On one side are the six-time national champions, the Rancho Carne High School "Toros," with their fearless leader, Torrance Simpson (Kirtsen Dunst). They have, for a long time, been stealing her choreographed routines from Isis (Gabrielle Union) and East Compton's "Clovers."

When Isis and a few of her teammates (Jenelope (Natina Reed), Lava (Brandi Williams) and LaFred (Shamari Fears)) realize what Torrance is doing, they get mad and seek revenge. Isis decides the way to hurt the Toros is by entering the National Cheerleading Championship. This way Isis and her girls can prove which squad really has the right moves and which is copying.

Torrance and her squad get word of this and panic because Torrance has been stealing Isis's ideas. Torrance doesn't have her own routine for the competition. The squad decides the only way they can win now is to seek out an expert, a professional choreographer, Sparky (Ian Roberts).

Problems arise for both sides. Torrance scrambles to come up with a routine with the competition a mere two weeks away. Isis has trouble raising the money to go.

When it finally comes time to shine, both teams give the performances of their lives trying to upstage the other.

The movie was entertaining for anyone who wanted to see something funny or knows what cheerleading is all about. The cast did a great job in playing the roles, and both sides had to work really hard for months to get up to speed on high school cheerleading. All and all, Bring It On gets three cheers. Hip-hip hurray! Hip-hip hurray!

Rival cheerleading squads from the movie Bring It On.

Exorcist still creepy film

Horror classic remastered, re-released in theatres for new generation of fans

By COLLIN COULIS
Staff Writter

The Exorcist — The Version You've Never Seen is one of the creepiest horror films I've ever seen. The 1973 horror classic, which was re-mastered and re-released on Sept. 22, includes 12 minutes of footage excluded from the original and sports six-track Surround Sound instead of the original mono soundtrack.

Having never seen the original film, I have nothing to which to compare this new version.

The well-told story is simple: a 12-year-old girl, played by actress Linda Blair, becomes possessed by the Devil, and her mother (Ellen Burstyn) as a last resort calls in two Catholic priests to free her daughter from the invading evil.

There are a few scenes that I thought were a little much, including one scene with Blair and a crucifix (you'll know what I mean when you see it).

Jason Miller delivers a convincing performance as Father Damien Karras, and Max Von Sydow is chilling as Father Lankester Merrin, the exorcist. Blair's performance as Regan is outstanding (she won the Oscar for Best Supporting Actress for her role).

The makeup and special effects are absolutely awesome. I had trouble believing that Blair's demonic character is the same girl we see at the beginning of the film. She looked terrifyingly inhuman. What a transformation!

The Exorcist is based on William Peter Blatty's novel, which was published in 1971 and spent 55 weeks on the New York Times Bestseller List. The original version of the film was nominated for many awards and, in 1974, won Academy Awards for Best Writing, Screenplay Based on Material from Another Medium and Best Sound.

The Exorcist — The Version You've Never Seen is more creepy than scary, but it's a well-made film and worth seeing.

PLANET HOLLYWOOD

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PLANET HOLLYWOOD AND NIAGARA COLLEGE
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LOCATION: PLANET HOLLYWOOD, NIAGARA FALLS

STUDENT LIFE

Talk radio program comes to CRNC 90.1

By SCOTT THOMSON
Staff Writer

Talk radio has come to Niagara College.

The third-year Broadcasting — Radio, Television and Film (BRTF) program students have launched a new radio program. This Week in Niagara is the name and it is a total talk format.

The half-hour program deals with issues important to the Niagara region. Topics like gambling addiction, alternative fitness techniques and myths about the region will be dealt with during the show's 13 weeks on air, says Ron Tufts, broadcasting instructor and manager of the campus radio station.

"It's all for Niagara (the show)," Tufts says. "It's a chance for the third years (students) to put together a real news-magazine show."

Tufts says the students have to do everything. Interviewing, writing scripts and story ideas are all part of the students' responsibility on This Week in Niagara.

A new student producer from the third-year BRTF program will be featured on each show.

"The target market is actually a little older than the college age, the talk radio crowd, 35 plus," says Dave Atkinson, 22, of Leamington, Ont.

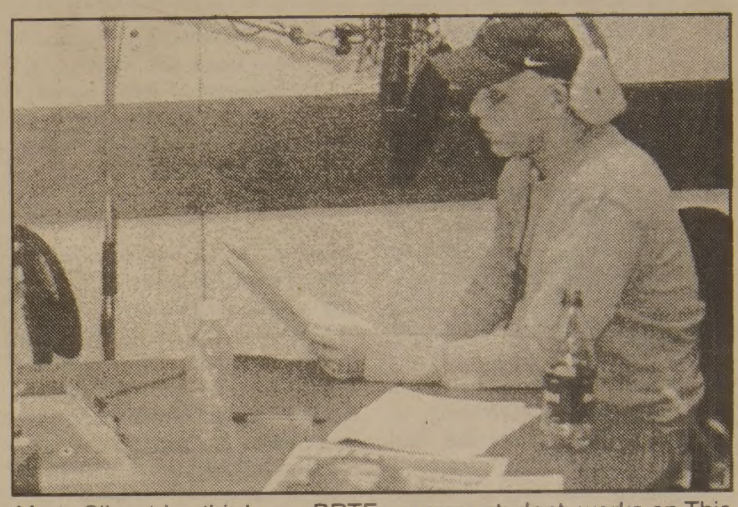
"It's for those of our generation, the few of us left, who don't have attention deficit disorder," Atkinson says. Atkinson is program director for CRNC 90.1, Niagara College's campus radio.

"It's entertaining but, at the same, time information." Atkinson says, "We live in an information world."

This Week in Niagara airs live on Thursdays at 12:15 p.m. on CRNC 90.1 and is repeated Sunday at 8 a.m. on 710 CJRN Niagara Falls and at 8:30 a.m. Sundays on 1220 CHSC St. Catharines.

Along with a weekly topic, the show will include regular features like a community calendar, local sports updates and personality profiles of various Niagara region citizens.

"It's played on real radio stations so if it's not good they won't play it," says Atkinson.



Marty Silvestri, a third-year BRTF program student, works on This Week in Niagara.

Photo by Scott Thomson

Students question absent SAC

By HEIDI MORRISON
Staff Writer

Direct contact.

That is what Sarah Mazak says the Student Administrative Council (SAC) needs to have with students in order to "make them aware of what SAC is all about."

Mazak, of Talbotville, Ont., a second-year Recreation and Leisure Services program student at the Welland campus, says she didn't have any interest in SAC during her first year of school. "I didn't vote in the election in April. SAC doesn't really affect me. I don't even know they're around."

The SAC fee for the 2000-2001 academic year is $148 a student. A few areas the money goes toward are athletics, peer tutoring, bursaries and the new addition to After Hours, the pub at the Welland campus.

Asked if she felt this was a fair price for students, 20-year-old Mazak says, "I think it's fair for students that use the activities on a regular basis, but for those students that either are just not interested or maybe don't have time, then I don't think it's fair at all."

Keeping students informed where the money is going is "the key to better relationships with the students," she says. "I'll guess and say they give money to After Hours and maybe sports, but I really don't know and this is where the problem starts. I'd love to know where my money is going."

Asked if she was dissatisfied with this year's SAC, says Mazak, "SAC works very hard, but I just think they need to be more out there. Advertising and constant communication will make SAC better known around campus."

Melissa Bura, of Kitchener, a second-year Broadcasting — Radio, Television and Film program student, says she agrees.

"There's just no publicity going around saying who our SAC presidents and executives are."

Bura, 21, says she didn't vote in the April SAC election because she wasn't sure who the candidates were. "It was my first year of school and, to be honest, I didn't really know the candidates that well, so I didn't think I could make a decision properly."

Making the SAC fee optional could solve a few problems, she says. "Maybe they could make it like the student health plan, where you can opt out of it. If you know you're not going to be participating, then you could just opt out and get your money back."

Bura says she feels it isn't just SAC's fault students aren't aware of what is going on, but students must take some of the responsibility. "If SAC was more available to the public, I think the students would get more involved, but we, as students, need to make an effort too."

Asked how SAC could improve itself, she says, "There needs to be more advertisement and promoting of activities. If there were more promotions or more notice of activities that were going on, then I think students would get more involved."

Boccinfuso new VP

By BILL STEPHENSON
Staff Writer

The Student Administrative Council (SAC) welcomed Jason Boccinfuso as vice-president of campus affairs for the Welland campus on Aug. 21.

"I love dealing with people," says the 19-year-old student in the Police Foundations program. He says the benefits of his position include "meeting people, and building communication and organizational skills."

Originally, Clinton Haggart, 19, of the Journalism-Print program, was at the reins but was forced to step down because of a low-grade average. SAC turned to Mike Reles, the runner-up in the race for president, but he changed campuses and couldn't take the position.

Ryan McLaughlin, SAC president, says Boccinfuso's interest in student government was evident "through high school."

Boccinfuso attended high school at Monsignor John Pereyma in Oshawa, and sat as the Grade 9 and Grade 10 representative. He followed up his first two years as student council president and past president, a role in which he acted as a "senior adviser."

Boccinfuso's other duties include handling external affairs, co-signing legal agreements, maintaining goodwill between the college and community, sitting on the United Way committee and participating in fund-raising plans.

Disabled Niagara College student finds optimism, hope in future

By RACHEL MONTOUR
Staff Writer

He's optimistic about his disability.

Bernard Cyr, 21, of Fort Erie, Ont., is a student in the two-year Office Administration — General and Office Administration — Executive (Co-op) program at Niagara College's Welland campus.

Cyr, who's in his first year, says he went to Brock University in St. Catharines for two years before coming to Niagara.

"The experience of meeting people and (living in) residence was good," Cyr says. "The academic aspect was not so pleasant. I am the type of person who prefers hands-on learning, which is why I chose to come to Niagara College."

He says he took Communications-Information Technology during his first year at Brock, followed by Health Studies in his second year.

"The main difference I have noticed between the two institutions is the faculty (Niagara College) is much more approachable." Cyr says Niagara College faculty is able to address students' questions and concerns capably.

"Yes, I find Niagara College, on a whole, to be very accessible for me to achieve full independence."

Cyr has a disability known as Myelomeningocele spina bifida. Although there are many different types of spina bifida, this disability can be diagnosed before or at birth. Spina bifida is caused by a lack of folic acid in a mother's diet during pregnancy. Spina bifida is a vitamin B deficiency. Vitamin B can be found in dark, green, leafy vegtables.

"The spina bifida is evident by a six-inch scar on the lower part of my spine."

After 20 operations because of his disability, he says, "I look at it as though I can't walk upstairs or jump around, but I can basically do everything else that an able-bodied person can do."

He says nine of the 20 operations were done to correct a condition called Hydrocephalus, Latin for water on the brain.

"The other 11 of the operations were done to correct various problems related to my kidneys, as well as a dislocated hip and a crooked right foot. I don't remember all the dates of my operations, but I do know that my last operation was in the summer of 1998. This operation was because of Hydrocephalus."

It is caused by an obstruction of the flow of cerebrospinal fluid, resulting in the necessity of creating an artificial way of draining the fluid through a catheter placed inside the skull.

He says he's able to drive a car using hand controls to operate the accelerator. These in a car can cost an individual $865. If the vehicle is a van, a person could be spending about $15,000.

Cyr says he is employed. "I have been working at the Fort Erie YMCA during the school year since 1996. My job consists of answering phones, filling out forms, managing membership data and accounts and supervising various activities."

He says he likes working with children. "When I was younger, I had the opportunity to attend a camp (Lakewood Easter Seals Camp in Wainfleet, Ont.,) especially designed for children with special needs."

Cyr was a camper for four years, from age seven to 11. "I enjoyed the times I was a camper at Lakewood. It allowed me a chance to interact with other children who were dealing with the same issues and concerns that I was dealing with.

"When I was a camper the maximum number of campers that could attend at one time was 60 campers. However, with cuts experienced by the Easter Seals Society, this number has been reduced to 40 campers at one time."

The Easter Seals Society of Ontario is in charge of the five special needs camps in Ontario.

"As the years passed I started to wonder what camp was like from another point of view. So I decided to enter the Leader In Training (LIT) program to develop my leadership skills, in the hopes of becoming a counsellor. I completed the LIT program in 1996, became a cabin counsellor in 1998 and 1999. Eventually I was promoted to senior counsellor in 2000.

"Being a part of the Easter Seals Society organization has given me the opportunity to meet and work with some of the most amazing and determined campers I have ever had the pleasure of knowing."

In addition to working at camp, his hobbies include computers, cooking, shopping, watching movies and playing sports.

HOME AWAY FROM HOME

All tenants have rights, responsibilities

By ROXANNE JACKO
Staff Writer

Students, if you've been living on your own for a while, are a first time renter,or are living in student residence or still at home, the following information will be invaluable to you.

You should be aware of your rights and responsibilities as tenants. A law called the Tenant Protection Act (TPA) covers what landlords and tenants can and can't do. The TPA covers issues from the actual process of renting, to moving out, maintenance and privacy.

People covered by the TPA are landlords and tenants of most residential rental units. Only a few are entirely exempt from the rules of renting but they are covered by rules about the relationship between the landlord and tenant.

Did you know you may negotiate the amount of rent you pay? You can. You can also negotiate the services that are included, such as parking and hydro.

Your rent can only be increased if more than 12 months have passed since the last increase, but your landlord has to give you 90 days' written notice.

A rent guideline is set each year by the minister of municipal affairs and housing. Your landlord doesn't need government approval to increase your rent.

If you signed a lease or are planning to, the end of the lease doesn't mean you have to move out, unless you want to. The lease may be renewed or a new one made. If you don't sign a new lease you can stay as a monthly tenant but all the rules of your former lease will still apply.

Your maintenance responsibilities are keeping your place clean and repairing any damages you or your guests make to your place or the property.

If you're planning on moving out, you have to give written notice. This should have been decided when you moved in. Usually the required notice time is 60 days. It's a good idea to get in writing any agreement you and your landlomake.

You can only be evicted by the landlord for the reasons outlined in the TPA. There should always be a notice of termination in writing; it does not matter what the reason is.

You can be asked to leave for always being late paying rent or not paying at all, illegal acts, damage, endangering the safety of others, disturbing other residents (loud music, parties, etc.), overcrowding or if the landlord wants to use the unit for his or her own use.

Your maintenance responsibilities are keeping your place clean and repairing any damages you or your guests make to your place or the property.

The landlord's responsibilities are to keep the building and units in good condition and to meet all maintenance, health, and safety standards set by the government.

If you have a problem with maintenance and your superintendent or landlord can't, or won't, resolve the problem, you should contact your local municipality, or the ministry of municipal affairs and housing. Your privacy is important to you, right? Your landlord can only enter your place with permission or by invitation, except in emergencies such as a fire or a water leak.

For a more thorough and exact statement of the law, you should get a copy of the TPA, which can be obtained from Publications Ontario by phoning 1-800-668-9938 or by visiting the Ontario Government Website at www.gov.on.ca.

Student residents help out local food drive

By TARA FORD
and TERRI LYNN LEBLANC
Staff Writers

Michael Osburn is "big" on charity work. Osburn, 22, of Collingwood, Ont., is a new resident advisor (RA) at the Welland capus residence.

For Thanksgiving, Osburn decided to organize a charity food drive. He asked students in the residence to donate non-perishable food items or money that will go to a local food bank in Welland.

Asked if he thought there would be much money given, he said, "Money is always tight with students. Canned food is much easier."

Every month, each of the three RAs devises an event to keep the students involved. They have already had a pool tournament, a penny drive and a pudding drop.

'Money is always tight with students. Canned food is much easier.'

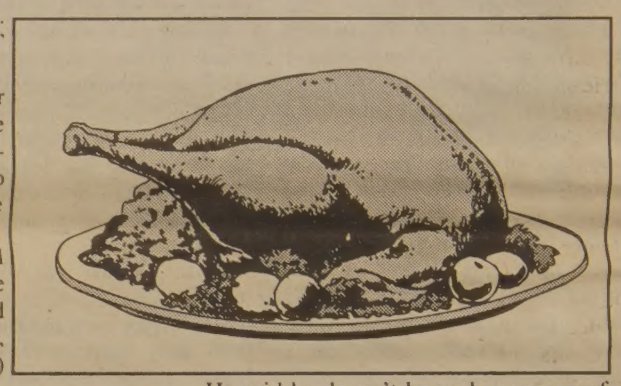
This week was Osburn's turn to co-ordinate an event. He said he thought that, with it being near Thanksgiving, a food drive would be appropriate for the occasion.

Cassandra Engel, 23, residence life co-ordinator at the Welland residence, helped him to make the posters. "She did a bang-up job," he said.

John Hadden, 20, another RA, helped by calling the students and leaving messages in their voice mails to make them aware of the food drive.

Asked what he would have done differently, he said the only thing he would have done is to "start earlier, maybe give (the students) two weeks."

Osburn said he wants to plan another food drive around Christmas and try to get the rest of the community involved.



He said he doesn't know how successful this food drive will be, but he "hopes" he is making a good contribution to the community.

Residence accessible for those with special needs

By RACHEL MONTOUR
Staff Writer

They are accessible. Welcome to our residences!

Susan DeKoter, 26, of St. Catharines, is general manager of Niagara College's residences at the Welland and Niagara-on-the-Lake campuses.

'I think overall we are accessible to anyone.'

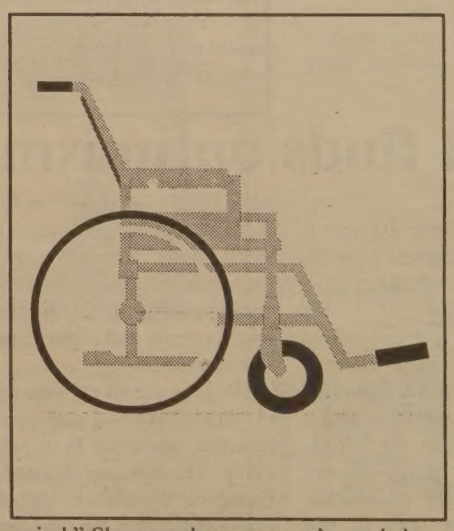
— Susan DeKoter

"I think overall we are accessible to anyone. There is an access button on the entrance of the residence." DeKoter says there is someone at the front desk 24 hours a day to assist anyone experiencing problems.

"We are open to suggestions for change if it works better for an individual student in residence."

To improve the residence for the handicapped, DeKoter says the laundry and kitchen facilities should have a "washer with front-loading access to make it easier for the removal of laundry for disabled individuals."

"We should make sure every activity or event we plan keeps disabled people in



mind." She says that everyone's needs have to be addressed.

"If we had the extra money, the handicapped suites would have larger overall space and every door, including (those in) suites, would be automatically operated."

"Due to cost, no provisions were made in building plans. Suite doors did not receive automatic mechanisms. We have looked into it. I can't recall the exact cost but the cost was quite substantial. Most hotel and conference guests (disabled) are very impressed with our facilities and happy to see we have addressed disabled people's needs."

DeKoter says, if she could, she would "make the entrance wider and have a larger elevator to handle more than two wheelchairs at a time."

"There are three disabled suites at the Welland campus and two at the Glendale campus. Suites in Glendale have received many improvements over (those at) the Welland campus.

'I think it's completely accessible, if you ask me, in every way. The rooms are big enough to move around in. I am able to reach everything and be completely independent.'

— Bernard Cyr

"Some of the improvements are the suites have increased substantially in size. Glendale has increased the suite size by about 70 per cent more than the Welland campus suites. The showers are walk-in showers. The bench in the bathroom is part of the wall, whereas the bench in the Welland residence bathroom is attached to the wall."

"The Welland shower is accessible but Glendale has a walk-in shower, (which is) not only visually appealing (but) easier to clean as they are prefabricated shower stalls as opposed to tile."

DeKoter says a prefabricated unit is basically a one-piece shower as opposed to tile, where you have many pieces and grout.

If you have any concerns, or would like a tour, you can contact DeKoter at (905) 732-9700 Ext. 5400.

Bernard Cyr, 21, of Fort Erie, is living at the Niagara College Residence and Conference Centre at the Welland campus while attending the college. Cyr is taking Office Administration — General and Office Administration — Executive (Co-op) program.

"I think it's completely accessible, if you ask me, in every way. The rooms are big enough to move around in. I am able to reach everything and be completely independent."

Asked if he would improve anything in the residence or the suites, he says, "Maybe if the rails in the closets were a bit lower, so I am able to reach my clothes."

"Increase the amount of space between the foot of the bed and the desk because there is not enough room to turn around. I prefer not to back out but drive forward."

"The suites don't have automatic buttons to make it easier to open the door."

PROFILES

Tabloid newspaper reporter recounts real life tales

By LAURA T. RICCIUTO
Staff Writer

Brad Hunter may well be one of Niagara College's highest paid graduates from the class of 2000.

The Belleville native, who attended Niagara College from 1983 to 1985, stopped by to pick up his diploma, after 15 years, while he was a guest speaking at the college's Welland campus, in early September.

The 36-year-old Journalism-Print program graduate, who began his work for the New York Post as a national feature writer in July, can boast of a $70,000 US annual salary.

"It's been a long road to get to New York," Hunter told the 35 second-year Journalism-Print program students.

Among his travels, Hunter has worked at the Timmins Daily News in Thunder Bay and, Ottawa Sun, as well as being a freelance journalist, covering celebrity stories ranging from Shania Twain to Johnny Cash.

Hunter says he became interested in journalism when he was about 10 or 12 years old.

"I like people telling their stories," he says, adding, "A story without a person is lifeless."

Another contributing factor to his interest in news reporting was Ed Asner's character, Lou Grant, who played an editor in the 1970's Mary Tyler Moore Show. Hunter says that role "intrigued" him.

Hunter says his specialty is crime reporting. "I always loved covering murders. They're the most interesting."

Asked why murders intrigue him, he responds, "It's like playing cops and robbers," explaining that when it comes to getting information from the police "you have to do it yourself."

Hunter recalls a murder-suicide story on which he was "scooped" as making him feel he was "crusified" by the competition.

"I hate getting beaten, but it happens."

With an edge in his voice and a bounce in his step, Hunter then explains. "New York is where the gloves come off. The stakes are higher here.

"It's a hard business to get started in for the first couple of years," cautioned Hunter, during his visit with the students, quickly adding, "Don't give up."

Hunter had words of wisdom for the future journalists: "Just remember, you're not writing for yourself. You're writing for the person who puts 50 cents in the vending machine."

BRAD HUNTER

New vice-president keeps eye on facilities

By DAN D'AMICO
Staff Writer

The curtain is raised, the announcement is made, Niagara College presents . . . Steve Hudson, the new vice-president of corporate services.

Before becoming the college's newest arrival on the corporate team, Hudson, 44, spent the last seven years working as the superintendent of operations and human resources at the Niagara District School Board in St. Catharines.

He says he made the move to the college because of the types of duties, the finances and the general managing. "It's a different kind of culture. I was at the school board for seven years. This type of change was attractive."

Hudson says he wanted to change the kind of job intensity he dealt with. Coming to the college puts him back into a position that deals with finances. "The difference between the school and the college is the political aspect," he says.

Because he was previously with the school board and worked for the University of Toronto, Hudson says he got a taste of each of the environments. "It's (Niagara College) fun, it's a different environment . . . more adult and mature on the types of issues to be dealt with."

Hudson says he is actively looking at the space used for the programs, to ensure it supports the programs the best it can.

For those who don't know the importance of Hudson's position, he says, it is to support academic programs with the proper facilities. He says he is looking for direction from faculty and management on getting the technology and facilities for student academic programs.

Hudson, married and a father of two, lives in St. Catharines. He's originally from Moncton, N.B.

He and his wife, Kristy, try to go away every year with their children, four-year-old Emma and two-year-old Tom. He says his preferred getaway is Sandbanks Provincial Park near Picton, Ont.

For his educational background, the highlights of Hudson's career are a bachelor's degree in engineering from the Royal Military College (RMC) in Kingston, Ont., a master's degree in engineering and a master's degree in business administration at the University of Toronto.

At RMC, schooling is paid for by the federal government, but the students are required to do a service of four years in the Armed Forces. Hudson served six years, saying, "It's a great way to go, very disciplined. It's a good opportunity." While in the Armed Forces he was posted in six of the 10 provinces and the Northwest Territories. If Hudson could move back to anywhere he's lived before, he says he would pick Nova Scotia or British Columbia. "I like water," he says, pointing out he has been sailing since he was 11 or 12 years old.

Hudson says he is learning as much fromthe students as they are about him. "The world's changed a lot since I have been to college."

Level 3 graduates of ESL create newsletter

By NAUMAN FAROOQ
Staff Writer

The graduates of the Level 3 computer class of the English as Second Language (ESL) program have published a newsletter.

As a final assignment, the students of the graduating class have created a newsletter, under the direction of instructor Eda Maddalena.

The newsletter includes articles that show the interests and opinions of international students.

There are articles on vacations, introduction to their countries, cultural mannerisms, dances, traditional weddings, biographies, palm reading, and various sport, music and celebrity profiles.

Son Hee Lee, 22, who is originally from South Korea, but lives in Ibaraki, Japan, wrote two articles for the newsletter (as did everyone who did the assignment). She has written an article about her trip to Mexico. She says she enjoyed her trip to Mexico "because it was the first time over there. I met (my) boyfriend, so it was great time."

She has an article on palm reading.

Lee, who is in the Early Childhood Education program at Niagara College, has been in Canada since January. She says she is going to be at Niagara College for another two years.

Asked what she thinks of Canada, Lee said, " I like Canada, but miss Japan too." She said she heard about Niagara College at an international festival where she met Susan Vandenboom, co-ordinator of the ESL program at Niagara.

She says, "This (Niagara College) is a good school to attend."

Midori Iwamoto, on the other hand, had a different early impression of the college. Iwamoto, 28, from Tokyo, Japan, who is in Level 3 of the ESL program, said, "In the first month, I was a little disappointed because I couldn't listen and understand, but now I like it."

Iwamoto, who has articles on her canoe trip to Algonquin Provincial Park and Japanese mannerisms, says she likes Canada because the people "here are so friendly, I feel relaxed here, but I miss Japanese food. There are no Japanese restaurants in Welland."

Iwamoto, who has been at Niagara College for five months, says she hasn't quite decided yet, but is considering taking the General Arts and Science program in the future.

Alfonso Parra, another student who was involved with the newsletter project, is a full-time student in the Electronics Engineering Technology program at Niagara. Parra, 20, of Bogotá, Colombia, has done an article on the art of Vallenato music and one on his fellow countryman, CART racing driver and 1999 World Champion, Juan Pablo Montoya. Parra says, "I like racing, but mostly because this guy (Montoya) is from Colombia."

Parra says he likes Canada because the "people (are) very quiet. Sometimes it's too quiet. Welland is too quiet."

Parra, who has been at Niagara for nine months, says he doesn't like the Canadian winter and will probably be here for another three years.

The newsletter project took about a month to complete, and about 100 copies were published. If people are interested in learning about different cultures and traditions, a copy of this newsletter is available in S102.

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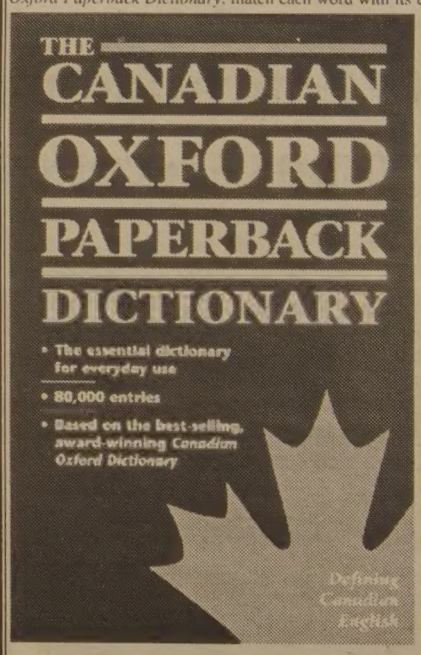

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2) sunburst	b) underpants
3) ketaine	c) a hamburger
4) gotch	d) crazy, foolish
5) nip	e) in poor taste, tacky
6) spinny	f) a hooded sweatshirt

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COLLEGE UPDATES

Enrolment up in Business and Entrepreneurship

By PAUL FINELLI
Staff Writer

First-year enrolments are up as much as 15 per cent in Niagara College's Business and Entrepreneurship division, said its director, Neil Chartrand, who is "really pleased" with the new offerings this year.

"Our traditional programs are doing well. Returning students are real numbers. We feel good about that," Chartrand said of the business programs at the Glendale campus in Niagara-on-the-Lake. "Preliminary estimates" indicate a rise of between 10 and 15 per cent in first-year enrolments, he later explained by phone.

Of the four new offerings in Chartrand's division, international business is a key element.

International Business Management (Post-graduate) program: This program is the former International Trade program. In this one-year certificate program, students who already have a post-secondary education receive specialized training in international business to enhance their employability in the global market.

Courses in this program are taught by practitioners and experts. Besides getting internships, students have opportunities to qualify for national and professional certification, such as the Forum for International Trade Training (FITT) diploma and the Certified International Trade Professional (CITP) designation, and recognition by the International Association of Trade Training Organizations (IATTO).

Said Chartrand, "This year the enrolment in that program has exceeded our very initial target, a little bit better than our target. Seventy-five per cent of those students are foreign students."

Business Administration — International Business program: In this three-year diploma program, students develop advanced learning in the international business arena so that they can compete successfully in the international business market.

Opportunities also exist for students to qualify for national and professional distinctions like FITT, CITP, and IATTO.

Students in this program share a common first year and second year with the Business-International Business program.

"In the Business Administration-International Business program, 20 per cent of the students registered are international students," said Chartrand.

Business — International Business program: In this two-year diploma program, students receive nearly equal professional training in international business as above, though not as specialized as with the business administration curriculum.

Courses in this program are common with the administration program in the first two years, and students eventually have the option of continuing their studies in the administration program, if space exists for them.

"In the Business-International Business program about 15 per cent of those students are international," the director said.

"In the BA International, we came in at 187 per cent of what we budgeted for students, and in (International) Business (Management) . . . we came in at 130 per cent of the budget," he added.

"So, we're very, very pleased. We've exceeded our target figures significantly for both those programs, which is also especially gratifying because they're brand-new programs.

"Enrolment targets are often not achieved in the first year (of new programs) because we haven't had a chance to do too much of these programs, including the golf program."

Business Administration — Professional Golf Management program: In this three-year diploma program, which includes a 12-week internship in a golf setting, students get the benefits of local and global skills in business operations as they relate to professional golf, be it as head professional or in sales and marketing. Some of the positions may even require completion of requirements of the Canadian Professional Golf Association.

Neil Chartrand, director of the Business and Entrepreneurship division sits at his desk in his Glendale campus office. As director he said he is "very excited" with the new batch of new business programs and other related developments happening this year.
Photo by Paul Finelli

Said the director, "That has exceeded our expectations, so we're doing very, very well. It's over-subscribed. There are now people on a waiting list, and we had originally set a limit at 30 and we've increased that to 45. And that's completely filled, and we're not going beyond that.

"So, that's a great program. We had 160 students apply for the program."

The popularity of this program may not be so surprising given some of the benefits students in the program receive with it. Said Chartrand, "We've been able to obtain playing privileges for them (students) at Beechwood Golf Course (in Niagara Falls) and at the new Royal Niagara (Golf Club) when it opens in the spring. That's right next door here.

"The top eight golfers (in the program) will form the college's golf team and they'll participate in the provincial championship in October.

"All the students in that program will also receive a free subscription to *Golf Week* magazine." Chartrand added, "Of the students in the professional golf program, a lot of them are from outside the Niagara region. We have two students enrolled from Quebec and other areas, such as Timmins, London, Kingston, Owen Sound and Belleville, and some of those students live in our new on-campus residence."

Despite there being all but one male student in the program, Chartrand shrugged that it just worked out that only one female enrolled in the program. "We tried to get more . . . That's how it came up."

Regarding the program as a whole, he said, "A lot of people have contributed a lot to it, just in a real co-operative effort. Everyone pulled in, in all areas of the college."

These programs have all had a very successful start this year "because of the integrated, co-operative approach by both academic and non-academic sectors of the college," he added.

"So we're really excited about getting those new programs launched."

In other developments, "This year's plans - we are developing a new business administration program that will give students options to be a generalist in business, as opposed to going after a particular major.

"There will also be a stream of that program for articulation, specific articulation agreement with Niagara University (in Niagara Fall, N.Y.)

"We will also be adding specialty components to the program, which will be a series of areas of concentration, possibly a half a dozen courses. One area of concentration that is being worked on, *for example, is e-commerce.*

"We are also integrating e-commerce into our existing business and business administration programs."

With a smile, Chartrand noted one new trend in his division. "There's an increasing awareness and focus on students, on customer service, and with the growing recognition that our students are the most important thing that we do around here. We've always known that, but it's being stressed more and more by everyone."

High-quality education made more affordable to post-secondary students

By BROOKE DREDGE
Staff Writer

Dianne Cunningham, minister of training, colleges and universities, announced on Sept. 19, 2000, that a students' task force has been set up to ensure that all students will have access to affordable, high-quality education.

"We know that our post-secondary system will experience significant growth over the next few years as more students turn to our colleges and universities to gain the skills and expertise to compete in today's changing economy," said Cunningham.

The task force is to advise the minister on ways to ensure public funds support post-secondary education, and is directed at providing high-quality education as well as access for students, affordability and accountability. In conducting this review, the task force will examine best practices in Ontario and administrative operations, and it will focus on investing in students, compared to other jurisdictions. It will allow the task force to see where new technologies and best practices can be introduced across the province. It will also examine options for shared services for administrative functions, such as information technology, procurement and data collection.

The task force will be chaired by Jalynn H. Bennett, who is also president of the Jalynn H. Bennett & Associates Ltd., a consulting firm in strategic planning and organizational development in the public and private sector. The ultimate goal of this task force will be to introduce where current and future spending can be re-invested to assist Ontario colleges and universities respond to the new challenges they will face.

Cunningham said the government and its partners have committed $1.8 billion towards the largest post-secondary expansion in 30 years . . .

"In today's knowledge-based economy, a post-secondary education is vitally important," said Cunningham.

"Changing demographics, increasing emphasis on lifelong learning and the introduction of the new four-year high school program will mean that more students will be entering colleges and universities. To meet those needs, Ontario must ensure students have access to high-quality education where and when they need it throughout Ontario."

As part of its plan, Cunningham said the government and its partners have committed $1.8 billion towards the largest post-secondary expansion in 30 years, which will help create 73,000 new spaces in colleges and universities.

Upon consulting with post-secondary stakeholders, the task force will have until January 2001 to submit its final report.

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OUTSIDE AT GLENDALE

Glendale campus becoming 'living laboratory'

By PAUL FINELLI
Staff Writer

Students in Niagara College's Environment, Horticulture and Agribusiness division are fashioning the newest campus's ecological and horticultural showcase to the region and beyond.

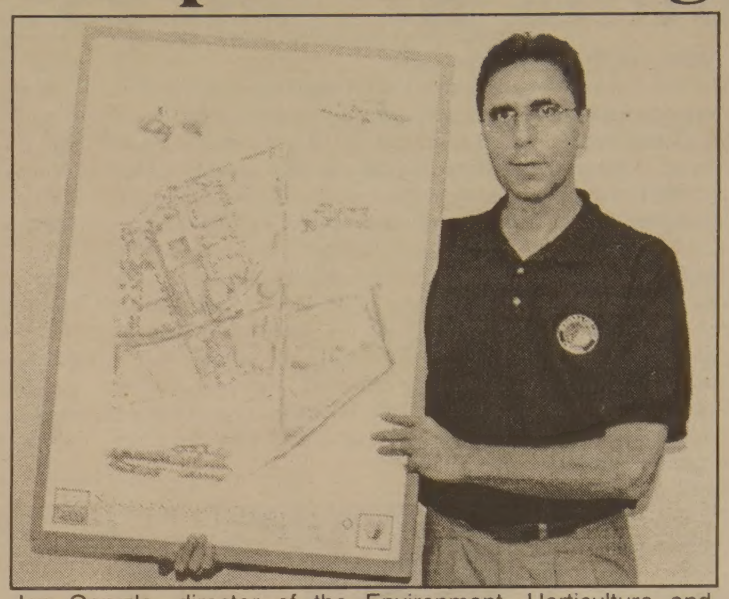
The Glendale campus in Niagara-on-the-Lake may now be two years old, but its landscape continues to flourish, in keeping with the campus's general agricultural theme. The campus is, after all, nestled along the Niagara Escarpment, which is a world-renowned biosphere.

"We're a brand-new campus and we have a number of initiatives outside on the 68-acre property that are students are involved in," said Jon Ogryzlo, director of the Environment, Horticulture and Agribusiness division, speaking on the college's 25-year vision for the campus.

"Whether it's the Winery and Viticulture program that started this year, or the gardens and the landscape with our Horticulture (Technician) and Landscape (Technician) students, or the lagoons and the naturalization we are doing with our environmental students, we consider this campus a living laboratory for our students.

"We use basically all available areas as our lab, and it fits into our long-term plan that we have.

"We have a long-term plan for the development of this campus



Jon Ogryzlo, director of the Environment, Horticulture and Agribusiness division, displays a general map of the college's 25-year vision of the Glendale campus in Niagara-on-the-Lake. The developments, to be carried out primarily by students in his division, will include lagoons, islands, various theme gardens and a link to the Bruce Trail.

Photo by Paul Finelli

. . . We're using all of this area (surrounding the campus) as our living laboratory for our students. When we designed the outside of the campus, we made this area very much a formal horticultural area, right around the building."

If you look in the back of the campus's main building or in the courtyard, you will see "all of the work" by the horticultural students, such as the gardens, Ogryzlo said. The newest garden being worked on at the east side of the campus will be likely finished in a month or so, he added.

"This is where we bring sort-of formal horticulture and ecology together," he said of the projects being worked on for several years near the adjacent escarpment. Some of the projects in the works are an information booth for visitors, songbird gardens, scent gardens, butterfly gardens, prairie gardens and a pavilion for teaching and events.

"This (pavilion) sort of provides a transition zone for people as we go across the lagoon site, and the lagoons are really quite exciting," he explained. They are each seven acres, "almost like the size of little lakes," he said, adding the college is looking at a future link to the Bruce Trail and a boardwalk going into the wetlands for public education.

He added the Ecosystem Restoration (Post-graduate) students, among other things, are trying to "diversify the habitat in the lagoons so they can hone their skills on making the slope, stabilization, to encouraging different types of diversification of plant life and animal life."

"We're going to eventually change the topography," Ogryzlo continued. "We want to dredge some of that (the lagoons), put islands in and things like that.

"What we'll be doing at this campus is we're combining agriculture, horticulture, ecology, conservation and tourism Everything we're designing you'll like to see as a student, you'll like to see it as a visitor and, if you're visiting the country or this area, you'll like to see the gardens and the lagoons and everything."

In addition, next to the campus on the west is a five-acre vineyard owned and used jointly by Brock University in St. Catharines and Niagara College. As an example of the shared research between the two schools, "We're doing some applied research with Brock on temperature variations in the vineyard," the director said.

This vineyard, which includes a vine library, trails of spacing, trellis and rootstock, and a hybrid-breeding lab, of course suits the brand-new two-year Winery and Viticulture Technician program, in which students prepare for various careers in the winemaking industry. For that program there was a waiting list to get in, Ogryzlo said, elaborating that there are about 25 students in the program, about half from the Niagara region.

Besides the Winery and Viticulture program, the division is offering this year a new two-year Greenhouse Technician (Co-op) program, in which students train for careers in the greenhouse and nursery industry and get hands-on learning in part with the 20,000-square-foot greenhouse centre, the "living labs," and the college container and field nursery operations.

> ***'. . . if you're visiting the country or this area, you'll like to see the gardens and the lagoons and everything.' – Jon Ogryzlo***

Trudeau's legacy still lives on

Continued from page 9

extensive elaboration, who his father was and what impact he had had on the lives of so many, through his personality, leadership and his love for the country and its people.

Justin concluded by reciting a verse from a poem:

"From the beautiful forest, dark and deep..He kept his promises and earned his sleep. Je t'aime, Papa (I love you, dad.)" Stepping away from the podium, with tears in his eyes, the grief-stricken son rested his head on the Canadian flag draped over his father's casket, before turning to his family, who immediately consoled him.

The funeral, which was held at noon on a sunny Tuesday at the Basilique Notre-Dame, was followed by a private burial, at the request of the family.

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SPORTS

Volleyball team sets up for title defence

By JOËL D. HERRINGTON
Staff Writer

The final cuts have been made, and the Niagara Knights men's varsity volleyball team looks to defend its Ontario College Athletic Association (OCAA) title.

Following the OCAA championship last year, the Knights travelled to Grande Prairie, Alta., and solidified their success with a fourth place finish in the nationals.

Assistant coach Kerby Bentley, 23, says he expects similar success from this year's squad. "I'll predict, again, the top five in Canada."

In comparison with last season's roster, the Knights have more players. With 15 on the roster and one red-shirt player, head coach Blair Cudmore has chosen seven more athletes than he did the previous year.

A red-shirt player can practice with the team and is available to play if someone gets hurt. He is not on the active roster or on the bench during games, so he doesn't lose a year of eligibility. "If someone fails out or gets injured, we can bring him in," says Bentley, adding the red-shirt system is used by some of the "top-notch" schools in the United States.

Off-season, the Knights recruited four notable athletes. Jason Reimer, 19, is a middle blocker from St. Catharines. Bentley says Reimer will be one of the top middle blockers in the league. "He's going to be a good one."

Cory Lahey, 23, is a veteran of college volleyball. He played on a provincial team and for Durham College in Oshawa, Ont., says Bentley. Unfortunately, Lahey will be out of the lineup for three to six weeks because of a knee injury. "(He) had a little scar tissue build up and just had that cleaned out."

The next recruits on Cudmore and Bentley's list are Chris Heideman, from Orangeville, Ont., and Nathan Marcon, from Windsor. "He's just a natural when it comes to volleyball," says Bentley about Heideman, adding Marcon "hides his arm swing well and can place the ball around the court very well."

"These guys will be the leaders of this team for the next three years."

The Knights have six returning players from the championship team of last year: Cuneyt Akgol, Shawn Barbisan, Andrew Chatel, Josh Gunnell, Bill Lang and Graeme Gaunt, the college's 1999-2000 male athlete of the year.

However, Barbisan and Gaunt will not be available during the first term. "When you go to college, school comes first before sports. Unfortunately, they didn't pass their courses," says Bentley. The team's penalty for players who don't pass their courses is a minimum suspension of one term, says Bentley, adding Gaunt and Barbisan didn't like their courses and switched programs. "If they don't pass this term then they're still sitting out. You've got to pass in order to play."

Even though this loss may seem like a crucial blow to the No. 4 college volleyball team in the nation, Bentley says they will be strong without Gaunt and Barbisan. Rookies Heideman and Reimer will replace Gaunt and Barbisan respectively through the first term.

Because of the flexibility and depth of the team during these types of situation, Bentley says, "This is probably the strongest team we've ever seen here (at the college)."

The men's volleyball team will play seven league games and three tournaments throughout the first half of the season. Because of the greater number of students, universities are generally considered to have better varsity sports teams. Bentley says the Knights are always looking to play against universities, adding they beat the University of Waterloo and The University of Windsor in 1999-2000." We showed last year that little Niagara College can play with the big boys."

Although the Knights had a perfect record at home last season, the fans rarely filled the gym. Cudmore and Bentley say they hope to see more support from the fans and more coverage from the school paper and other media sources.

"I want it loud. I want every game to be like a championship game," says Bentley.

Cudmore and Bentley have chosen to assign two captains to help provide leadership. One captain is selected by the coaches and the other is voted by the players. Cudmore and Bentley chose Akgol, the team's defensive specialist, because "he is well deserving of it. He's a good leader. Academically, he's a good role model for the young guys coming in," says Bentley.

A defensive specialist takes every ball on the defensive side. He doesn't serve or attack, says Bentley, for he is only there for defensive purposes.

The men's volleyball team practices for their first exhibition game here on Oct. 20.
Photo by Joël D. Herrington

Gunnell was voted by the players as the other captain.

Once Bentley graduated from the college last April, he found a job in St. Catharines within his field of study. He is a graduate of the Hotel and Restaurant Management program and the Culinary Management program.

Towards the end of the summer, athletic director Ray Sarkis and coach Cudmore decided to hire the ex-Knight as an assistant coach, says Bentley. "Hopefully I can help them out (and) make the program a little stronger."

Bentley says he has prior experience in playing and coaching volleyball. After playing for Mayfield Secondary School in Brampton, Ont., Bentley joined club volleyball in cities like Oakville and Waterloo, where he played with some of the best players in the country, he says. During 1995-96, Bentley says he coached juvenile girls volleyball. "It's always nice to help somebody out."

Last season was the most successful year in Niagara's men's volleyball history. Defence, passing and team unity were strong points for the team last year, says Bentley. "Our team was well bonded last year."

This year's squad looks to have the same type of attitude, says Bentley. "There are no real head cases. There's nobody that wants to be the me, me, me player."

"I want to develop our program so that it's superior to Red Deer (Alberta)," says Bentley. Red Deer College won last season's nationals. "Red Deer just walked through the nationals last year. Every game they had was three games straight."

If they stay healthy and work hard, says Bentley about his team, "I expect a repeat. They're very, very focused."

Depth should help men's basketball team

By AARON WILSON
Staff Writer

The high-flying Niagara Knights men's basketball team members are back, and they have brought some depth along for the ride.

Coach Ralph Nero says he is "really happy" about the group of players he has this year.

"We are much deeper than last year's club and should be better balanced."

Last year's team rotated seven players. This year's squad has 12.

There are four starters coming back from last year: Haldon Hutchinson, Curtis Francis, Aaron Paisley and Ernel Ellis, last year's Ontario scoring average champion.

The Knights acquired two big men to help on the boards: 6'8" Matt Roberts, of Niagara Falls, who played at East Arizona College, and 6'7" 225-pound Lauren Mertz from Thunder Bay.

The team had a problem last year defending against the big men of other teams, says Nero, adding, "At times we had a rebounding problem. This should resolve it."

Niagara Knights starter Aaron Paisley warms up at practice with a dunk. The Knights start their new season on Nov. 21.
Photo by Aaron Wilson

The Knights' top recruits this year are 6'5" LaVar Morgan, of Markam, and six-foot point guard Ryan Rose, of Brampton.

Morgan and Rose should fit right in with the rotation of the team, says Nero, adding, "By the end of the season they will be able to step in and help the team."

These first-year players are expected to contribute: Kyle Young from Goderich, Edson Jones, of Brampton, Mirko Medic, of Niagara Falls, and Landon Walsh, of St. Catharines. The Knights begin their exhibition season on Oct. 18.

Coach Nero, who is in his second year as the Knights' head coach, says the exhibition games "are important because it helps you know your players better."

"It also develops your systems for league play."

On the injury front, Mertz has a rib problem and Young has a slight ankle sprang. Both players should be ready to play soon. The season opens Nov. 21 on the road at Fanshawe College in London. The first home game is Dec. 1 against Lambton College from Sarnia, beginning at 8 p.m.

IN THE COMMUNITY

Sun shines on 7th annual food festival

By RYAN McLAUGHLIN
Staff Writer

The warm autumn sun was shining on people filling themselves with the goods from some of the finest restaurants and wineries in the Niagara region at the seventh annual Niagara Food Festival held Sept. 30 and Oct. 1.

Dubbed as the "peninsula's tastiest party," the food festival has been taking place on Merritt Island in Welland since 1994.

The event is sponsored by Tourism of Welland Niagara, and this year was host to more than 40 restaurants, winemakers and food producers, featuring various stomach stuffers from local establishments such as MT Bellies, Joe Feta's and Venice Pizza and Pasta Bar. For dessert, there was award-winning chocolate from last year's best dessert winners, Nigh's Sweet Shop.

Also in attendance was President's Choice executive chef Christine Chamberlain giving live cooking presentations.

However, the food and drink weren't free. To purchase anything from the vendors you had to acquire Bite Bucks, which were available for $1.25 each at various locations throughout the festival. Though it wouldn't serve as a whole meal, each vendor was required to have at least one item on the menu that attendees could purchase for a single Bite Buck.

The official kickoff to the Niagara Food Festival was the media launch that took place at Rose City Suites.

Four Public Relations (Postgradute) program students assisted by working at the media launch.

'It was a great showcase of our students in the culinary program'

Students from the Culinary Arts program at Niagara College's Maid of the Mist Centre in Niagara Falls catered the event.

"It was a great showcase of our students in the culinary program," said Darrell Neufeld, executive assistant to the college president.

However, Niagara College did not have a booth at the two-day festival because of prior engagements with the St. Catharines Grape and Wine Festival.

"Unfortunately, we had committed to that festival (Grape and Wine) earlier, and we didn't feel we would do justice to the food festival and ourselves by being both places at the same time," said Neufeld.

Speaking about the college's involvement in past years, Neufeld said, "We spearheaded the festival. The college has always played an integral role since the start," adding, "We will continue to participate in the future."

The food festival offerings weren't all edible. The event also provided a selection of entertainment for patrons to watch and to listen to while filling their stomachs.

A wide variety of entertainers were scattered throughout the festival grounds, including the classic rock and soul sounds of Assorted Nuts, the harmonious voices of Its About Time Quartet, or just the simple humour of a Charlie Chaplin-like mime entertaining youngsters and parents.

Saturday night finished with a fireworks show and the music of Hotel California, an Eagles cover band.

Dancing to the music was one of many activities families could participate in at the seventh annual Niagara Food Festival.
Photo by Ryan McLaughlin

Team leader pursues her 'love' in library

By TARA FORD
Staff Writer

Sue Bartlett, library technician, is a family woman.

She said she's "close" to her family. "They are the best."

Bartlett, of St. Catharines, works in the Learning Resource Centre (LRC) at Niagara College. Her new job title, team leader, is under debate. She said she's still trying to get used to it and is unsure as to whether the title will stay.

Bartlett was born in Sudbury, Ont., and lived there for the first 21 years of her life. "I loved growing up in Sudbury but I don't see myself living there again." She moved to the Niagara region and has lived in Welland, Thorold, Niagara Falls and, now, St. Catharines.

Bartlett said that everywhere she's lived "had its ups and downs." She said Welland was small but a nice place to live for school. She went to Niagara College for the Library Technician program.

"Finances were tight" so the college closed the program in 1989. Now, she says, the LRC has trouble finding qualified staff.

Bartlett teaches research skills to English classes. She is responsible for ordering all the subscriptions in the library, including those in print and those online. "I love my job."

When she was 20, she said, she never thought "in a million years" she'd be doing what she is today. High school was more of a "social thing," but now, as an adult, she is "really interested in learning."

Bartlett said she did office work at a car dealership when she was younger, handling invoices and answering phones. Since earning her library technician diploma, she has worked at many libraries around the area. She has worked for the Niagara Regional Library System, the St. Catharines Public Library and the Hamilton Public Library.

She said Hamilton was the hardest place for her to work because "the commute from Thorold was a drag," and the shifts were "funny."

The single woman has one sister and two brothers with whom she is "very" close. Her parents recently celebrated their 54th wedding anniversary. As it can be "difficult" to travel to see her family, she sees them three or four times a year but they remain "supportive and influential in teaching values."

Asked who has impacted her life the most she said, after a moment of thought, her mom. "She is so sweet and gentle. I'd like to be like her."

Bartlett said her sense of humour is one of her best personal characteristics. She likes to "have a good time." She said she's a good listener and can be relied on. "If I say I am going to do something — if I don't forget! — I'll do it."

She describes herself as an introvert because she has "taken various tests" that indicate that is so. "We live in a world where we should be extroverts and I think I can be in certain situations."

Bartlett said she enjoys travelling. She has been to Ireland, Europe, Mexico, through the USA and across Canada. "Newfoundland is one of my favourites."

She said she enjoys downhill skiing, reading and watching movies, adding one of her favourite movies is Out of Africa.

Bartlett said if she won a million dollars, the first thing she'd do is "give a bunch away to my family and friends." She added she would want to look after her parents, and then spend some of it on travel and "invest a bit."

If she could change anything in the world, she said, it would be to ensure "there is enough food for everybody, so that the children wouldn't have to go hungry."

Asked what she'll be doing in the next 10 years, she said she expects to still be in the library field, but hopes to have an opportunity to work in "other countries."

"I'd like to go to Ireland again." In about 10 or 15 years, Bartlett said she would be close to retiring.

Student shares details of his painful disease

By TERRI LYNN LeBLANC
Staff Writer

"I can remember being curled up in my bed all the time," says Jeff Warford.

Warford, 20, of, Oshawa, Ont., recalls painful memories of the time he was first diagnosed with Crohn's disease.

Crohn's disease is an inflammatory bowel disease (IBD) that is also the cause of ulcerative colitis. There is no known cause for either.

Crohn's disease can involve the body's digestive system from the mouth to the anus. The entire thickness of the bowel wall, from the inner lining through the muscle layers to the outer lining, is inflamed. This can cause severe pain.

Ulcerative colitis is mainly found in the anus. The inner lining of the ileum, which is the last 10 feet of the small intestine, becomes inflamed and the surface of the inner lining becomes raw and bleeds easily.

Crohn's disease is more complicated than ulcerative colitis. Crohn's can be patchy, which means there can be parts of the disease throughout the intestines, esophagus and rectum, whereas colitis is found only in one area, mainly the anus.

The number of cases of IBD in Canada has risen from about 10 per 100,000 people to 100 per 100,000. IBD is most common in people ranging in age from 15 to 30, and is often not diagnosed correctly.

Warford says when he was 11, the doctors thought he had severe anemia, which is the loss of red blood cells. He was tested for this through a bone marrow sample.

At age 16, he says, he was diagnosed with Crohn's disease and was "really" sick for about "four months. As far as I know it's (Crohn's disease) just in my large intestine and I do have colitis that appears now and then."

Asked what symptoms he had, he says, "I had stomach cramps, weight loss (about 15 pounds). (I was) pale and (had) dark circles under my eyes."

"My mom thought I was on drugs," he says, "but it was from being malnourished."

"My Crohn's is under control," he says. "I take a lot of pills, eight a day, and I need to change the way I eat." He says he is "partially lactose intolerant," but he can still eat and drink dairy products.

Asked what type of pills he takes, he says, "I'm on two different pill forms and one injection."

He takes Pentasa, for the large intestine, iron pills, Losec, for the ulcers in his throat and an injection of vitamin B12.

He says he only takes the Losec about "once a month," or when he has a "sore throat."

"When I feel the need, I take it for six weeks," he says, "Usually a sore throat doesn't last that long. That's how I know it's my ulcers."

Warford says, "My intestine isn't absorbing nutrients, which makes me low on iron and vitamin B12." He receives an injection of B12 every month.

"My symptoms are nothing like before," he says. "Around the diagnosis of Crohn's is usually the worst time."

He does not have a severe case, but says, "I could get a more severe case later on in life, if it (Crohn's disease) isn't under control."

Warford says he feels comfortable talking about his disease. "It has become a part of my everyday life."

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